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ANCIENT INDIAN WISDOM

AYURVEDA - GOMATI VIDYA

(THE SCIENCE OF COW)

Prattipati Ramaiah

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FOREWORD

I have read fully the book - Ancient Indian Wisdom compiled by Sri P. Ramaiah, I.O.F.S. He is educated in English language and while serving several Govt. posts, with craving for Ancient Indian Wisdom he brought out the ancient knowledge which is under eclipse. After going through Vedas and Ancient Ayurvedic books which are rich in expressing knowledge and Ancient Indian glory, he made efforts beyond his capacity to propagate Ancient Indian grandeur. He has written in detail dividing the topics under various heads such as - Veda, Veda mantra - Udyota, Gomatividya, herbs, GaandharvaayurVedam, (Science of Musicology), GandharvaayurVedam, MaanasaayurVedam (Mental healing), Ayuvu (Life), Ayurvridhi, Prabhava (Influence/effect), Praana Vidya (Science of Life force). He is able to bring out the Ancient Indian Wisdom slightly with all his efforts. It is not an exauguration to say that to bring out this knowledge he has exerted very much.

He studied in a foreign language. He wanted to throw light on Ancient Indian Wisdom. These are two diametrically opposite things. Under these circumstances the reason for writing is his deep reverence for the grandeur of Ancient Indian Wisdom.

In this I have been attracted by one topic, namely Gomatividya. The reason is that the greatness of cows and the mutual relation between cows and men have been described uniquely in Vedas. In the absence of cow, the very existences of men will be in danger, which is irrefutable. Such mysterious and highly useful science - Gomati vidya has been compiled by him through rigorous exertion and bringing out such a thing is really a happy thing.

Regarding Vedas also when many sakhas are extinct and are under decay, from the available few sakhas, he compiled, selected and brought out. This is causing happiness. With serious efforts he expressed the importance of protecting the Vedas.

The topics of AyurVeda which are very deep and the most useful ones and also the knowledge of herbs have been brought out with big efforts.

In ancient India people used to eradicate thier diseases with the effect of Veda mantras only. In Atharva Veda the method of destroying diseases through Veda mantras is discribed. With the help of the same Veda, diseases were treated using herbs. Ancient Maharshis developed and brought out AyurVeda with the help of Atharva Veda mantras only.

Hence the topics described in this book regarding increasing longevity, eradication of diseases, the science of herbs are all based on AtharvaVeda only. As the all the topics brought out and described are with the help of Veda Mantras, the entire book is deriving its authority from the Veda only.

Even though I do not have sufficient knowledge to review this book, with the available capacity I ventured to bring out this little commentary. By not reviewing completely all the topics in this book, is purely my inadquancy only but not any fault in the greatness of this book.

I wish all people to read this book and recognise the importance and prominences of our Ancient Indian Wisdom. And people should take oath to protect this ancient knowledge.

By unvailing such novel and unprecedented topics and bringing out for the welfare of humanity, Shri Ramaiah is worth felicitation. I pray God to bestow long life and health to him to enable him to writs more and more books and to do service for Ancient Indian Wisdom.

"Budhajana Vidheyah"

Tangirala Bala Gangadharasarma.

M. Satyanarayana Siddhanthi
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PROLOGUE

Indian scriptures describe that out of all living beings the birth of human is the best. Scriptures also lay down that a clever human being must make efforts for achieving the four basic aims of human existance Viz. : 1. Discharge of dury 2) Acquiriment of Wealth 3) Gratification and 4) Final emanicipation. For achieving them, protection of human body is the primary responsibility.

"Sarvamanyatparityajya sareeramanu palayeth"

— *Charaka Maharshi*

Every human could discharge any kind of duty provided one keeps health. The science, from time immemorial, which discribes about maintaining health in the "Science Of Ayurveda"

This science is popular with the following three parts

1) Hetu Skandha = Division of Cause
2) Lakshana Skandha= Division of Charactristics
3) Oushadhi Skandha= Division of Medicine.

In the division of medicine the "Gourameyee" System has been discribed. I feel that "Ayurveda - Gomathi Vidya" has been brought out form this system with many new topics.

"Gaurameyee bhishagvidya Arogyam dehavardhanam,
Rogasha syapahartharah sreyaso jeevitasya cha"

— *Charaka Maharshi*

As per the above, as described by Charaka Maharshi - this Gomati Vidya - The Science of Cow bestows - Strength to body, prevention of diseases, eradication of diseases, general wellbeing and health to humanity.

Writing of this book is a part of great services being rendered to the field of literature by sri Prattipati Ramaiah in the name of "Ancient Indian Wisdom". The writer, with his skill and knowledge has proved many things required for protecting health through scientfic methods. One of the great matter in this book is that all the methods discribed are pertaining to only to Panchagavya and pachamrithas - five nectars.

Apart from various health aspects needed by human life, full of happiness and bliss, the writer brought out various secret medicines required for

— birth of a child
— Intellect
— health of generative organs
— long life

and many other useful matters.

By writing them, the author has become praise worthy by the readers, there is no doubt on this.

I pray the Mother of Creation to bestow health and long life to the author to enable him to bring out more creative works.

— *M. Satyanarayana Siddhanthi*

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FOREWORD

The science of AyurVeda is derived from Veda Out of Ancient world literature, this is, perhaps, the first science, Right fromthe beginning of creation of human beings, God filled medicinal properties, for the health of humans, in plant species and in every atom. Humans made it their own and recognised as a wonderful medical science with eight principal parts. Gomati Vidya is one wonderful science out of that. Because of that, as a part of inherent culture in India, the following are considered as mothers - the mother who gives milk, cow, mother land and the perennial river, responsible for our living.

The writer explained the following in this small book how to treat with Cow ghee and several other connected herbs

- from conception to old age and

- the nourishment of seven constituent elements of the body

The writer invented various methods of treatment with Gomatividya such as

- from thirst to insanity and cruel deeds

- from child hood to bringing back the lost youth and all these by employing Cow milk, Cow dong and Cow Urine.

The writer, Sri P. Ramaiah has to be congratulated for keeping before us the special treatments on Medorasayana which are not available any where and also many methods of energising not only the seven constituents elements of the body but also the mind and soul.

I feel that the efforts of the author are considered successful if any one small matter in this small book bestow benevolence to human life which at present is going on mechanically. Every one who wisher/aspires for full life and beneficial and blissful life must read this book at least once.

I feell it is my fortune to be a part of this great effort which is flowing with the Ancient Indian Wisdom, by, writing these few words.

With all the best wishes

Dr I. Ramakrishna.

Prof. KONDAMUDI SREERAMACHANDRA MURTHY

Hyderabad, A.P.

A DEVOUT RESEARCHER OF MYRIAD PARTS.

Some men are born pious, like Ramakrishna Paramahamsa, Shirdi Saibaba and the Jillellamudi Amma. Some achieve piety through constant yogic practices, adherence to Vedic Rituals and humanistic services, like the Mahatma Gandhi, Mother Theresa and Vinoba Bhave, and on some piety is thrust as is in the case of most of our contemporary politicians.

Sri P. Ramayya is a "Nitya Saadhaka", a man of constant awareness, his sixth sense is at its edge reminding him of the long way that he has to go, keeping him always in touch with the Almighty Force that pervades through the young and the old, the mighty and the weak, the knowledgeable and the ignorant and the green and the grave. His "KARMA" seems to be vibrant to keep him agile and honest, a lover of peace and Dharma and a dreamer every night and a waker every day.

Hence, he wad drawn to the Vedas, the perennial fountainhead of all knowledge. Sanskritised, with "Ahamkara" rooted out, and "Avidya" broken to pieces, he is at peace with himself and that INNER PEACE opens his third eye to encompass the existing divine phenomenon with a compassion unparallelled.

Thereby he becomes a Sage in an age of nihilism and materialism. He is drawn to hear the secret sounds in the universe as the Maharashees did in the hoary past. What he hears he examines through an unending perusal of ancient texts and comes to conclusions of his own. If questinoned he may not be able to substantiate them scientifically, but he is confident that great souls and Avatars like SATYA SAI BABA would approve his analysis one day. They only know what is right. Such is his undying faith in himself and in his work. After all FAITH is God, Faith is religion and Faith is the root - cause of all existence and with such faith, unbending and unrelenting he produces books on the Ancient Indian Knowledge.

"VID" means to know. What is that we have to know? As Prahalad says, we have to know, "the secrecy of all education," and the secrecy is the VEDA.

So, to begin with, he analyses the Vedic mantras. The four Vedas, the hundred and eight Upanishads, Epics and the Puranas have been outward manifestation of those mantras only. They Speak both about the earthly and the ethereal subjects.

"AYURVEDA" is not only an earthly subject, but it also is spiritual. It is a Veda to keep the human being healthy in mind and in body. It is a lodestar to suggest how the "God of thousand heads" is manifesting Himself as Nature to lead the Man from darkness to light. Joy is to be his creed. Devotion is to be his path. Meditation is to be his work.

Sri P. Ramayya writes his books on the AyurVeda to explain what the great science is about in its true form and colour, what its contents are and how it is applicable and inevitable even in this strife and stress enveloped - world.

His work is neither more documentation nor simple cataloguing. It may better be classified as classification and justification.

He is not a believer in precept, he practices what he sees and talks about.

He has been applying the ayurVeda Dharma at home, to his very dear and near. When his aged mother falls sick and her nerves and bones refuse to oblige her, Sri Ramayya gives her the "Honey Treatment" and to the surprised delight of the onlookers, she recovers, walks around as if she is hale and healthy and attends to her physical necessities all by herself.

It is not on others that Sri Ramayya experiments with the Ayurvedic drugs, he makes himself available to their application as and when the necessity arises and the results are extraordinary.

Apart from the medicinal activity he is involved in, even on the scholastic side, Sri Ramayya makes himself fool - proof. He has no hesitation to approach the right person at right time. Even if the teacher is in

the Himalayas, he patiently trecks to his ashram, serves him as a young pupil would do and gets what he desires or clears his long standing doubts.

After many clarifications from the knowledgable, many guidelines from the scholarly and proving into a world of books, Sri Ramayya at long last begins his publications. Various facts and faces of the AyurVeda, thus have been classified under distinct heads.

AyurVeda, Knowledge of the pulse.

AyurVeda, Water
AyurVeda, Stable life
AyurVeda, Gomathi
AyurVeda, Gandharva
AyurVeda, Mind
AyurVeda, Man
AyurVeda, Life
AyurVeda, Gandusha
AyurVeda, Reasons for Diseases
AyurVeda, Feavers
AyurVeda, Indigestion
AyurVeda, Characteristics
AyurVeda, Gaandharva
The Vedas
Vedamantra - Udyotha

In "UDYOTHA" he clarifies that "Manthra" is the be-all and the end-all for substance and substinance. Through the "UDYOTHA", AyurVeda has come out and hence it has in its very being the holiestic nature and the divine force.

Under each head, he has gone into its minutest details. Take for example the title "Indigestion". Eight divisions have been given there. Indigestion is classified as AMA, VIDAGDHA, VISHTABDA, and RASA. How it is to be avoided and how much time it takes, what materials are ordinarily available in and around for its curing and long standing indigestion is to be cured are explained in a lucid style.

In a short treatise on "AyurVeda-Man", the Writer explains how ladies can enhance their beauty and charm and attraction and health through Ayurvedic practices. He comes down to the grass-root level and even teaches how teeth are to be cleansed every morning. Too simple it looks, but his advice is practical to the core. In "AyurVeda-Longivity", he clarifies what is untimely death is and how it can be averted. He gives examples of SIDDHA YOGIS AND YOGINEES. Each booklet holds mirror upto our health - its decay and decency.

Read him, you will energies yourself. Reread him, you will become an ardent believer of our ancient Dharma and the pre mordial force.

Sri Ramayya has taken upon himself a mission, to educate, to inspire and to put us on the right path, through adherence to the all-enveloping AyurVeda.

I pray to the God-Almighty to give him long life and sound health to complete his task.

We need more and more men of such nature to wake up our country. It is an honour to write about him, a pleasure to come into contact with him and an advantage to read him.

By

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FOREWORD

Cow is an index of Indian culture and ancient religion. It is inevitable to mention the wealth of Cow whenever there is a discussion of agriculture and economics. Wherever there is a mention of Vedas and its related social living structure, cow is always referred to. If understanding of India and Indian living is required then introduction to cow is inevitable. In other words the importance of cow found in Indian economic, Social, Cultural and religion is not found any where, in any country of the world. Why it is so? Because in the Indian civilization, the root is cultivation and in that cow is very prominent. Eastern part, Western part, Northern part and Sourthen part of India is predominant with the wealth of cows and is spread every where. Because of this wide spread institution, this has acquired spiritual place. and base for religion.

Because of a higher position of wealth of cow over wealth of animals it has an all round utility and beneficial in all respects. Whatever utility found from all the substances of cow could not be the case with the substances of other animals.

The substances obtained from cow are : -

Cow milk and its by products like butter, cream, rabady specially prepared sweet meat form boiled milk quova a typical milk product thickened and dehydrated by boiling, curd, butter milk, cow ghee, and cheese.

Cow dung, cow urine, juice of cow dung;

Cow gallbladea - Gorochana, Cow skin, Cow horn etc. son of cow — Ox, Cow tail

Mixed substances : - Panchagavya - Cow Milk + Cow Ghee + Cow Curd + Cow Dung + Cow Urine

In this way from cow —

Eatables like — Cow milk etc.,

Fertilizers for improving cultivation - cow dung, cow urine etc., Herbs like - Gorochana, Cow Ghee etc.,

Aids of cultivation like - Oxen, Fuel like dried cow dung cakes etc., are obtained.

If a person is having wealth of Cow, he is enriched in all respects and is free from worries. He will be rich economically. There is a saying :-

"Dhanam Cha godhanam dhanyam
Swarnaadayo urithaiva hi"

This is capable of providing livelihood and it is also an embodiemnt of benefits of angel, human, other living beings and earth. Because of these reasons it is called as

"Maatharah Sarvabhutaanam gaavah
Sarva sukhapradah"

It is a mother out of all living beings and it bestows happiness.

It is true indeed that in which ever country, home, society the service to cow exists and wealth of cow

exists that society, family, or country is full of natural resources and also will have peace, happiness, positive. thinking, healthy habits, health, strength and affinity and affection. They get full happiness. It is said that cow is like mother earth which protects nourishes and brings up, it is the most appropriate description. That particular home, society, and country, where such mother is not treated well, not properly fed and neglected and the cow is in misery, engaged in nonvegetarian food there exists -

Malnutrition, calamity, disturbance, pollution, evilmind, enemity, Tamasik gun and such hell on earth. It is indeed a hell to humans.

"Yadgrihe dukhitaa gaavah sayaathi narakam narah"!

But where cow lives there is no sin

"Goshe paapmaa na vidyate"

Because of the above, cow is supreme in wealth. With the help of other wealth and instruments only physical desires are fulfilled which are momentary, unstable and causing restlessness. But those obtained through cow are stable and permanent and satisfy all the desires in respect of worldly, religious, spiritual, physical and mental. It enhances the wealth.

"Gaavam sevaa thu karthavyaagihas tharih punyalipsubhih!
Gaavam sevaaparo yasthu thasya sree uadhithidachiraath"

There is no dearth of stories pertaining to cows in Puranas (Scriptures describing old histories pertaining to the present creation and previous creations). Cow is one among many precious things obtained through the churning of sea. This is called as the daughter of Brahma (the creator). Nandini of Brahmarshi Vasistha was a famous one. By serving this king deep got a son named Raghu who was an emperor with valour and fame and in whose name the dynasty of "Raghu" started. The enemity in possessing the Nandini made him a sage and Brahmarshi.

Because of serving cow Satyavan obtained long life. Maharshi chyavan compared his value with that of a cow and conquered king Nahush.

When various gods obtained different places in the body of the cow, the goddess of wealth obtained her position in the cow dung. There was a boon that the place which is purified with cow dung there is the living place of Goddess of wealth. When the cruel deeds of Ravan and other were increasing, then earth in the form of cow with the intention of obtaining protection worshipped vishnu along with the gods.

Kamadhenu is that cow which fulfill all the desires and imaginations of sacred persons. This is the cow for Indra and other gods. There are several stories and fasting based on cow. By donating cow one obtains Goloka - aeclestial place and a person with karmas could cross the sacred river Viatariani. Srikrishna is recognised through cow. Nandabaa had ten thousand cows and they used to be grazed by Srikrishna. While cows are grazing. Sri Krishan used to be immersed in playing melodious flute and used to play with friends. Sri Krishna killed the following in his boy hood - Kansa, Poothana, Bakasura, Sakat, Jarasandh, Sri Krishan obtained physical, mental, spiritual and yogic powers by serving cows. He used to be fully engrossed in the service of cows. Where as other friends were not immersed. Sri Krishan stopped the worship of Indra and highlighted the worship of govardhan. *It is an example of protection of forest, mountains, cow and atmosphere.* Krishna declared that he is kamadhenu amongst the cows.

"Dhenunaamaasmi Kaamadhuk"

Wherever cow lives, that is his place.

"Gaavo Mamaagrotah santhu gaavo me santhu pusthathah
Gaavo me hridaye santhu gavaam madhye vasaamyaham "

Cow is considered to be having auspicious characteristics. A small mark of cow milk during journey, a woman selling cow milk, drinking of cow milk, appearance of a cow, donating a cow, selling a cow and serving a cow during dream; appearance of a cow in the house without any effort - all these are considered auspicious. A cow giving milk to a calf found during a journey is considered a very great auspicious signal and also causing to achieve powers. But during auspicious works the sight of milk, drinking of milk are not good.

In the science of Vedas the greatness of cow is considered as an all round nature. It is considered as a god . This is compared to the entire universe.

"Yetad ve viswaroopam sarvaroopam go roopam"

It is said that gods are positioned at every root of a hair of cow. Through cow havi is obtained in yajna which is surenderded to gods. That is why it is known as "Havirdudha" Cow is the installation of yajna.

It is the cause of the result and evolution of yajna

"Gaavo yajnasya hi phalam goshu yajnaah pratishthitaah"

Various parts of cow are considered to be the place of Vodhab palace, all poligrim places or 33 crore gods residences. This is the place of rudra. This is dean to sankar. The method of worship of cow which could be followed is described in creation chapter 48 of Padma Puranam. The invocation, offerings etc - the sixteen worhiping methods and other related processes have been described. Various deities are imagined at various parts of the cow - like all the pilgrim places at the top, Siva at the forehead, sun and moon in both the eyes and so on. All the benefits of taking bath in rivers, giving alms, worshipping of god and so on could be achieved through the service of cow only.

"Teertha snaaneshu yath punyam yath punyam viprabhojane"
Yath punyam cha mahadaane yath punyam harisevane
sarva vratopavaaseshu. sarveshveva tapah su cha
Bhoomi paryatane yathu satya vakyeshu yath bhaveth
Thath punyam praapyathe sadya keval dhenasevayo"

There used to be a system of serving cow in the old hermitages of learning. Students alone used to do the service. The wealth of cows was used for - yajna, agriculture, fuel, nourishment, medicines, and worship. The male child of the cow was used for the activities of agriculture and for driving carts.

The most important part of AyurVeda is based on the wealth of Cow. The cow milk and cow ghee are considered to be the best ayurvedic products in controlling old age and death and bestowing long life. In medicines particularly in purifying the deadly position and poisons the use of cow ghee, cow milk and cow urine is finding a prominent place. Cow ghee is extensively used in the manufacture of excellent rasayanas, medicinal jellys, medicinal ghee, and cooked medicines. All the activities connected with the manufacture of Rasabhasama = Alchemy ashes are dependent on cow dung cakes. If the medicines manufactured in AyurVeda are devoid of use of cow wealth, then AyurVeda it self will be crippled.

Annual yield of urine and dung per Cow or per Ox is about 4000Kg. This clarifies that wealth of cow in agriculture is of high prominence. In the present day use of chemical fertilizers gives immediate results but over a long period its effect on yield and the condition of solid is a big question mark. Though some quantity of fertilizers is produced in the Fertilizers factories they invariably cause heavy dose of pollution in the atmosphere. Whereas with the wealth of cow such extreme conditions are not there. At the same time without much effort the benefits are continuous. It is indeed a fact that when cow wealth and service to cow were prevalent in many flood in India, then each individual, society and state were full with health, strength, intellectuality and out siders called them as Golden birds. But nowadays it is not.

From the above mentioned examples it is clear that the greatness and prominence described about wealth of cow in Veda and Puranas are based on actual and truth. It is in the interest of public that these are constantly studied and investigated. If cow is placed in the position of mother it is based on actual.

"Tawam mata, Sarvadevanam, twam cha yajnasya karanam
Twam teertham sarvateerthanam namastiastu sadanaghe"

— Skandha puranam
— Brahmadhyaya
— Dharmaranya Pat
— 10/18.

If it is described about cow as above, it is useful and praiseworthy.

From the scientific angle also the importance of Cow is to be examined. In Vedas Agni-fire has been given prominence and is symbolised as face. Fire only is the face of gods.

"Agnimukhah hi deva bhavanthi"

Ahuti - oblation to sacred fire is symbolised as food and medicine. Food and medicine along with companion - ghee are placed in Agnikkunda = Sacred fire with feelings, As per mental desire, equivalent substances for oblation, particular method of mantras are performed to the respective gods. In oily substances cow ghee and oil are used. But the use of ghee is prohibited in case of worship of Vaishnavee and connected with satwic, oil is used in worship of devils.

The place of fire is considered as cow ghee. All the substances offered as oblations to the sacred fire along with cow ghee are burned and trasformed into subtle enegy in atomic stage and immediately spread into the atmoshpere. The favourable substances of obtaltion enhances the divine part as per mental desire. Through this the one who performs yajna and the divine part spread in the atmosphere will be strengthened and the desire is fulfilled. In ancient times though yajna only the increase of divine and devil parts spread in atmosphere was achieved. By obtaining the subtle energy diven or devil used to be strengthened and they used to carryout the desires of the person who is to perform yajna. It is chear that atmosphere is filled with auspicious. In auspicious - elements; conscious and unconsicous; visible and invisible; atomic and sub particole states. In order to activate them the most favourable mediium was performance of yajna. The reason for controlling it through religious rituals was the fitness and the most appropriateness. Because to strengthen seach element and part it was essential to follow the prescribed rules. Along with this, the person who performs yajna should be competent. Both physically and mentally and prepared for harmonizing the auspicious and inauspicious elements spread in his body with those of outside elements.

Cow ghee is considered to be the most appropriate and fit substance for performing yajna because it transforms fast into gaseous state and into atomised state. This is competent for disbursing and expanding very fast. For this reason, cow ghee is called as "Sarpi" Even now it is considered essential that if not adopt yajna in the form of divine worship but adopt this process and method by performing yajna continuously in order to strengthen auspicious elements which are spread though out the atmosphere.

Efforts by Shri Ramaiah to throw light on Gomati vidya are made in the direction of awakening. Let faith, trust and reverence be increased in the society again towards cow and wealth of cow. This is his effort. When we keep a mere professional attachment with any person or substance or action then we are diprived of using their highly beneficial contributions. At present our attitude towards cow and wealth of cow, can be said as not at all appropriate.

In Gomati Vidya, Sri Ramaiah described Veda, Purana, ayurVeda and other legends, For guidance they are sufficient. However I am incapable of making efforts which are befitting and effective to his efforts . I do not have the corresponding abundant knowledge. Even then with my little knowledge, I am grateful to shri Ramaiah for his excellent efforts. I have full faith that by reading the book compiled by him, in case public again make efforts for service to cow and protection to wealth of cow, then it will be a complete help in economic situation, agriculture, positive thinking and regeneration of nature and growth.

My heartful good will towards this compilation and for shri Ramaiah, who for the said compilation has surrendered his greater part of his life with reverence and happiness.

Humble

Dr. Sambhoo Saram Mishra

INTRODUCTION

Gomathividya - The science of Cow is a special branch / method of Ayurveda. The science of Cow bestows the wealth of health for the entire humanity and is considered the Kamadhenu and also benefits of Kalpa Taru of earth.

In this Panchagavya pertains to the first category. These are of daily use. The use of these items in the household and attaining longevity with good health is discribed.

Panchagavya homa - the sacred fire belongs to the second category. The benefits of performing homa daily in the house and in general for enhancing the living conditions of humanity is explained.

Old Cow ghee come under the third category. How the most difficult diseases like insanity and others could be treated and free the persons from them has been outlined.

The fourth category comprises of the highest - potent seeds and satwic food . How these could be ahieved through Panchagavya homa bhasma has been narrated. This is for all human beings to practice and benefit.

In the fifth category there are several highly powerful medicines prepared with Panchagavyas and medicinal herbs which benefit the humanity with thier spectacular results. This aspect is brought out briefly while one of the preparation is dealt in detail. Some of the medicines cover issues like, problems connected with ladies, conception to old age, these are to be brought to use through the help of Ayurveda vaidyas. In other words, these medicines could be got prepared through experienced vaidyas and bring them to use through the advice of Vaidyas.

The science of Cow - Gomati Vidya is brought out from the Veda mantras and what has been told by maharshis. The references of veda mantras are brought out in

"Ayurveda - Veda mantras"

The references of what Maharshis told and expressed in Ayurvedic texts are brought out in

"Gomati vidya - Prachina Bharatiya Sampada = The science of Cow - the wealth of ancient India

These are given to help those serious readers who want to probe further.

The science of Cow is having several advantages in that

- it is very simple in nature
- it bestows children for infertile couples
- it enhances memory, intellct of the children
- it imparts verility, vigour and strength to couples
- it enhances beauty to ladies
- it increases resistance power to diseases
- it helps old persons to maintain health
- it helps in increasing natural resources

and many many benefits to humanity. Hence this Gomatividya has noparalle on earth and is easily available to all humans. This has the capacity to find a solution to pollution.

Because of multiple benefits, elders in India tell that even by brrowing purchase a Cow and do service to Cow.

This will benefit all Ayurveda students if they learn practice.

Salutations to the revered mother Cow, great Maharshis and all old and young.

- Om Tat Sat -

Pattipati Ramaiah

Gomati Vidya - The Science of Cow

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Gomati Vidya

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10. Excellent memory power for child - Ashtang Ghrit
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12. Swar ghat = Horse Voice = Sore throat - Cow ghee
13. Causes for Sore throat
14. Remedy for Sore throat
15. Haemorrhage (Rakta pitta vyadhi) - Cow Ghee
16. Causes for Haemorrhage
17. Remedy for Haemorrhage
18. Heart Problems - Cow Ghee
19. Causes for Heart problems
20. Remedy for Heart problems
21. Pitta Roga - Cow Ghee
22. Head diseases - Cow Ghee
23. Destruction of evil forces - Cow Ghee
24. Prevention of all types of diseases - Cow Ghee
25. Burns - Cow Ghee
26. Injury to inside parts -Cow Ghee
27. Injury to outside parts - Cow Ghee
28. Removal of poison - Cow Ghee
29. Ulcers in the mouth -Cow Ghee
30. T.B. - Cow Ghee
31. Causes for T.B.
32. Remedy for T.B.
33. Leprosy - Vajrak Ghrit
34. For all diseases - Sarva Roga Vimardhan Ghrit
35. Hints for improving General Healt.

76. The Colour of the Cow - Properties of Cow Milk
77. Black Colour Cow - Properties of Cow Milk
78. White Colour Cow - Properties of Cow Milk
79. Red Colour Cow - Properties of Cow Milk
80. Yellow Colour Cow - Properties of Cow Milk
81. Properties of Cow Milk depending on vessel for boiling.
82. Gold vessel - Properties of Cow Milk
83. Silver vessel - Properties of Cow Milk
84. Copper vessel - Properties of Cow Milk
85. Bronze vessel - Properties of Cow Milk
86. Earthen pot - Properties of Cow Milk
87. Wooden & metal parts - Properties of Cow Milk
88. Properties of unheated Cow Milk
89. Properties of duly heated Cow milk
90. Properties of Dharoshna = Just milched lukewarm Cow Milk
91. Properties of Dharoshna Cow Milk - if left cooled for a long time
92. Properties of Dharoshna Cow Milk on heating and then cooling
93. Properties of Dharoshna Cow Milk on heating
94. Properties of Cow Milk - mixed with water
95. Properties of Cow Milk - mixed with 1/2 volume of water
96. Properties of Cow Milk - mixed with 1/4 volume of water
97. Properties of Cow Milk -mixed with equal volume of water
98. Properties of Cow Milk - without addition of water
99. Properties of Cow Milk - kept for longer period without boiling.
100. Properties due to the time of consumption of Cow Milk
101. Properties if consumed early in the mornining
102. Properties if consumed before noon
103. Properties if consumed at mid-day
104. Properties if consumed in the night
105. Properties of Cow Milk - reapeatedly heated
106. Properties of Cow Milk - depending upon the stage of sugar addition
107. Properties of Cow Milk lukewarm Cow Milk added with sugar and consummed in the morning
108. Properties of Cow Milk during fever
109. Prohibition in consuming Cow Milk
110. Properties of regular consumption of Cow Milk
111. Properties of Cow Milk based on the time of milching
112. Cow Milk Milched in the morning
113. Cow Milk Milched in the evening
114. Properties of Cow Milk + Sugar Candy
115. Properties of Cow Milk with Crystal Sugar + honey + Cow ghee

"महि ज्योतिनिहि तं वक्षणास्वामा पक्वं चरति बिभ्रती गौः ।
विश्वं स्वाद्म सम्भृतमुस्त्रियायां यत्सीमिन्द्रो अदधाद्भोजनाय ॥"

- Rigveda - 3-30-14

- What effulgence - milk is stored in the udders of a cow !
No food in herself, the cow even as she
Moves about bears within her ripe milk
All sweetness is collected in the cow, for
God Himself has placed it in her for the
Happy sustanance of all.

"उपैदमुपपर्चन मासु गोषूप पृच्यताम् ।
उप ऋषभस्य रेत स्युपेन्द्र तव वीर्ये ॥"

- Rigveda - 6-28-8.

"May there be a close mixing up,
May Soma, the herbal juice, mix with cow's milk,
And may this manly vigour be,
O for your heroic might"

"यूयं गावो मेदयथा कृशं चि दश्रीरं चित् कृणुथा सुप्रतीकम् ।
भद्रं गृहं कृणुथ भद्रवाचो बृहद वो वय उच्चते सभासु ॥"

- Rgiveda 6-28-6

- ye cows, you fotten the emaciated
and you make the unlovely look beautiful
make our house happy, you with pleasant lowings,
your power is glorified in our assemblies.

అదేమంత్రము అధర్వణవేదము : 4 – 5 – 2 1 – 6

ఋషి : బ్రహ్మ : దేవతలు : ఎద్దులు , ఛందస్సు : త్రిష్టవ్
ఈ సూక్తాలకు "మృగార" అని పేరు
– ఓగోవులారా ! మీరు కృశించిన వానికి
పయోదధ్యాదులతో పుష్టి కల్పించండి
అంగసౌష్టవం లేనివాడైనా
పురుషుని శోభనాంగుని చేయండి.

Gomati Vidya

Dhenu = Cow

"Duhyata iti dhenuh"
The one which is sucked is called Dhenuh.

Cow is called Dhenuh.

Cow = Dhenu means that one which is sucked. Humanity sucks Dhenu for may thigs. Dhenu bestows with many useful itsms and energy for humanity for its prosperity and well being . It gives divine medicinal items which are endowed with useful and multiple properties. Since it fullfills the desires of humanity it is called "Kamadhenu" on earth.

It bestows humanity with all the tings at all times and always for the welfare and growth all through its life span. As mother does for her children , the cow gives every one., without any selfish motive and hence it is called "Go matha"

Go = Cow, Matha = Mother.

"Payadharee bhuta chatuh samudraha , jugopa goru padharaa mivorveem"
— *Raghuvamsa*

- It is true that amongst various things on this planet the most virtuous and the one which is for every body's welfare is cow.

Hence it is called mother.

"Gaavo lakshmyah sadaa mulam goshu paapma na vidyate "
Annameva sadaa gaavo devaanam paramam havih"
Nivivishtam gokulam yathra swasam muchyathi nirbhayam
viraajayati than desam paapam chaasyaapakarshaate"

— *Anusaasana Parava*

— *Mahabharat.*

Gomati vidya = The Science of Cow

Substances from Cow.

Gorasa :

The milk from affectionate cow which is having an offspring is known as Gorasa. Many valuable substances are derived form the Cow Milk.

Cow Ghee = Go Ghritam

"Lakshmirya lokapaalaanaam dhenurupena samsthitha
Ghritam vahati yaznaartha mama paapan vyapohat "
· The one which is in existance in the form of Dhenu, is in reality is the Lakshimi = Goddess of Wealth & Prosperity for the people.

That gives ghee for performance of Yazna.

Such Gomatha may destroy all my sins.

Havih

Out of a number of products out of cow milk - ghee is the excellent product which does not decay. That is why it is considered the most ecellent substance for offering to yazna and is considered havidravya"

- offering substance for yazna.

Various names of Cow Ghee which express the best qualities

1. Jeevaneeya 2. Ghritam 3. Havissu 4. Ajyam 5. Sarpi and So on.

Geevaneeya : That one whcih bestows life is Jeevaneeya

Ghritam : Thaat one which stabilises the body.

Infertility - Brihad Aswagandha Ghrit

By following all the prescribed methods for cleaning the entire body system through - Panchakarama and so on. if Brihad Aswagandha Ghrit is administered to a person - even if the person is old he would by transformed to 16 years old young . All the organs of sence and physical activities would be strenghtened and the person gets rid of all his diseases and become healthy, His body acquire lustre, colour, complextion, radiance in the face and the strength and health .

This is excellent medicine for both men and women.

Grey hair is removed. The wrinkles on the skin gets removed.

The eye sight gets imporved

If administered with prescibed procedure, even a barren lady gets a son who is healthy and with good physical Characteristics.

For a barren lady - Laghuphala ghrit

This balances the prios, clean the blood and removes imbalances in the body. All types defects pertaining to a lady which are higdering for conception are removed. *This further helps in conception and even a barren lady will get a son.*

For getting Children - Brihad Siddharthakadi Ghrit

The body should be cleansed with Panchakarma and so on and the lady is administered with Brihad Siddharthakad Ghrit. The medicine is to be subjected to Gayatri Mantra before administering. This medicine is to be administred from the Ist month till $2^1/_2$ months pregnency period.

By this, the lady

1. will be relieved from all types of diseases
2. The child born would become a person of knowledge
3. The child during pregnancy would acquire powerful tongue.
4. The child would live longer and free from diseases.

Even for a barren lady, if this medicine is administered, she will conceive and gets a brilliant son who would become highly knowledgeble person.

Excellent memory power for child - Astang Ghrit

If asthang Ghrit is prepared and aministered as pre-prescribed procedure the children will acquire

1. Memory' 2. Intellect 3. Concentration Power 4. Eloquence 5. Longlife and so on.

Youth - Power eloquence - Saraswat Ghrit

If saraswat Ghrit is prepared and administred as per prescribed procedure to youth, they acquire -

1. Power of elequence
2. If administered for one week it bestows melodious and excellent voice.

3. If administered for a fort night bestows the body with radiance equivalent to moon's rays.

4. If administered for a month, it bestows the power of excellent concentration (Dharana Sakti) equivallent to Ekasantha grahi - The ability of a person to ricite a long poem just after listening once.

Hoarse Voice - Cow Ghee

Reasons for hoarse Voice

1. Talking very loudly for longer periods
2. Eating often very cold eatables.
3. Consuming Poision
4. Through injuries to the throat
5. Diseases in throat
6. Following mithyahar - consuming prohibited foods and mithyavihar = doing prohibited activites
7. Not following precautions of a particular season and so on.

Remedy for sore throat :

Roast Badari leaves slightly, in cow ghee and take with Rock salt (Saindhava namak).

Haemorrhage (Rakta pitta Vyadhi) - Cow Ghee

Reasons for Haemorrhage :

1. Due to excessive exposure to sun rays
2. Due to excessive body strain
3. Due to excessive grief
4. Due to excessive sex indulgence
5. Due to excessive consumption of the foods having following characteristics

1) Salty foods 2) Acidity 3) Hot and bitter and so on.

Remedy for Haemorrhage :

1. Cow Ghee is administered with grape juice

Cow Ghee : Cow Ghee used for this purpose is not the one usually obtained by taking butter from the curd and melting the butter to obtain clarified butter.

Here a special process is to be applied.

When the milk is sulked from the Cow it is Dharoshnamilk - it is slightly in worm condition. In that condition immediately the butter is seperated. From this butter only clarified butter is to be prepared and used.

2. Slightly fry Amla in Cow Ghee and then rub it thoroughly in water and apply that past on the Crown of the head (ones Brahma randhra) . This stops the flow of the blood through the nose.

3. In the above mentioned Cow Ghee. Amla and Haritaki are rubbed thoroughly and the essence is dropped in the nose which stops the flow of blood through the nose.

Heart - Problems - Cow Ghee

Causes for Heart problems

1. Excessive body strain

2. Sudden blow to the physical body
3. Continued mental worrier.
4. Taking excessive food when the earlie food has not yet digested.
5. Severe blow to the mind/shock to the mind
6. Prevention of uncontrolable urges such as urination.
7. Excessive intake of foods causing indigestion. and so on.

Remedy for heart problems

Administering Arjuna ghrit as per priscribed procedure for long time, the person will be freed from heart problems. It one is administered the above for long periods, his life span would be increased.

Pitta Roga - Cow Ghee

Add the powder of yasthi madhu to Cow Ghee and if this is administered. the person will be free from Pitta Roga.

Head diseases - Cow Ghee

Add Amla swaras to Cow Ghee and if adminiseted one will be free from Head disease

Distruction of evil forces - Cow Ghee

Take Cow Ghee with Vacha.

Prevention of all types of diseases - Cow Ghee

If administered the following as per prescribed procedures which are duly fried in Cow Ghee -

-Rock salt (Saindhava namak), Rodhram, kanjek and Silapistan,

This is to prevent and remove all types of diseases.

"Ajyam bhrishtam silapishtan rodhram kanjik saindhavaih!
Aaschotana Vinaasaaya Sarvarogaamayeshucha !!"

- Pushkar Maharshi

Burns - Cow Ghee

Satha dhouta Cow Ghee is to be plastured. This prevents thirtsty and burns are healed.

Injury to inside parts - Cow Ghee

Administer Cow Ghee, haldi, gush, pravalbhasm which are heated together and the added with sonth. Blood cotting will be removed and the injury is cleared.

In case of blood vomiting - add Alum and administer.

Injury to Outside parts -Cow Ghee

For out side injuries apply Cow Ghee with Haridra, or Haridra is cooked in Cow Ghee and the same is applied Gandusha Kriya with Cow Ghee is helpful,

Gandusha Kriya = Oil pulling process

Removal of poision - Cow Ghee

Administer Purana Cow Ghee (Old Cow Ghee) added with Haridra to remove poision . This is considered as

"Visha harini sanjeevani"

- Acts like Sanjeevani in the removal of poision

ʾrocedure :

10 years old Cow Ghee is administered three times a day - one tolaata time and drop four or five drops f the Cow Ghee in the nose. This helps in removal of all types of poisoins.

Jlcers in the throat - Cow Ghee

1. When suffering due to ulcers in the mouth
2. When suffering due to the burning sensation in the mouth
3. When tongue getting dried up frequenctly.

Perform Gandusha Kriya with Cow Ghee . This is benefitial in the above cases.

Γ.B. Cow Ghee

Causes for TB.

1. Too much wastage of Semen
2. To be sorrowfull for longer periods.
3. Too much physical exertion
4. Haivng diseases which spoil the digestive system
5. Frequent suppression of natural calls.

Other Probable Causes

6. Carrying excessive weights
7. Fighting with some one who is more surerior in strength
8. Falling from a big height
9. Running longer distances beyond physical stamina
10. Reading too much aloud
11. Too much stressing of body parts and so on.

Remedy for T.B.

Obtain fresh leaves of Nirgundi and with the prescribed procedure prepare its swaras.

Add one part Cow Ghee and four parts swaras and Cook. When Cow Ghee is left over stop cooking cool it and start administering to the patient. He will be cured.

"Samoolam phal patrayam nirgundya Swarasai ghritam !
Siddam Peetwa kshaya Ksheena nirvyaadhirbhavati daivatam"

Leprosy - Vajrak ghrit

If vajraka ghritam is prepared as per prescribed procedure and administered to a leprosy patient regularly as per prescribed rocedure, the patient with any type of leprosy becomes free from the disease.

Even if ears, fingers, hands and feet are completely spoiled and detached from the body, and suffering heavily by administeving Vajraka Ghrita, the patient will be free from the disease and the patient would regain old physical form and frame and also the body parts will be radient with strength and health and could live for 100 years with health and happiness.

For all diseases - Sarva Roga Vimardhan Ghrit

Obtain the following items as per prescribed prodedures and they should be cleansed as per procedure (Sudhi Karana). Powder them and strin through a fine cloth.

1. Haritaki 2. Amlaki 3. Vibhitaki 4. Gaduchi 5. Brihati 6. Satavary 7. Sonthi 8. Chitrak 9. Nirgundi 10. Vasave 11. Punarva, Bala etc.

Add the mixed powder to Cow Ghee, Cow milk and add sugar and administer regularly as per prescribed procedure. That person will be free from all diseases, and could remain healthy and strong and could live long. This increases vitality and vigour and will hvae excellent digestion power. This could be taken both by ladies and gents.

Detailed information

Trifala		20 gms (Amlaki + Haritaki + Vibhitaki)
Guduchi	—	15 gms
Brihati	—	15 gms
Satavari	—	15 gms
Vasak	—	20 gms
Punarnava	—	20 gms
Balamul	—	40 gms
Nirgundi mul thwak	—	35 gms
Chitrak	—	20 gms
Sonthi	—	20 gms
Haldi and Kesar	—	5 gms
Total	—	225 gms + water (1000 ml) + Cow Ghee(1000 gms)

Keep the above items and cook on a gentle heat, when the contents, become approximatly 1000 gms , after evaporation of water, then stop cooking and remove it and cool it after proper seiving.

Every day, depending on individual - Prakriti = nature, Bal = Energy, Age etc.,

Take the above along with 2-7 gms Cow Ghee + 500 ml Cow Milk + Lal mistry 10 gms. Should be taken 1/2 hour before morning food and 1/2 hour after night food

In order to digest them - one has to do vyayam = physical exercise, running, brisk walking, yogasans, playing etc,.

Caution :

If a person is suffering from Diabetes, then he should not take lal misry.

The person will become healthy and leads long happy life.

Summary of Properties of Cow Ghee

1. It increases intellect
2. It improves memory
3. It imparts glow to the physical body
4. It fortifies physical strength of the body
5. It bestows intelligence
6. it cures diseases due to Vata and Kapha
7. It removes fatigue.

8. It stengtherns the heart
9. It increases fire power for digestion
10. It aids in the digestion of various foods consumed
11. Once consumed it transforms to Madhura Vipaka
12. It is a boon for increassing seminal power and radiance to the body
13. It bestows children to baren ladies

"Abhimantraya Gritam garyam prasayanmasa mantrakam
Vandhya stree labhate garbham natra karya ti chaaranaa"

— By subjecting Cow Ghee with Gayatri Mantra every day and administring it daily to evn a barren Lady (after the periods time) She will become pregnant in one month's time.

14. Out of all the substances available, this is the best
15. It controls vata, Pitta and Kapha disorders
16. It eliminate diseases from the body
17. It is an elixer that prevents old age and increases life span
18. It bestows charm, radiance, brilliance, glow and beauty.
19. It imparts sweetness to the voice.
20. It is a divine oshadhi on this earth.

Various names of Cow Ghee which indicates the excellent qualities.

1. Pavitram 2. Amritam 3. Abhidharam 4. Jeevaneeyam 5. Aajyam 6. Sarpi 7. Ghrutam 8. Navaneethajam 9. Havi 10. Homya 11. Aapushyam 12. Taijasam 13. Snehan 14. Srakshan 15. Sneha 16. Snigdha 17. Mraksha 18. abhyanga and so on.

Properties of fresh Cow Ghee.

Cow Ghee just prepared from butter will have the following charactiristics.

1. If used along with the food it creases taste and pleasentness.
2. If some one is highly fatigued and feels too weak, this enhances stength in the body.
3. It is used in all special worship and yaznas
4. It is beneficial for people suffering from white patches on thier skin.
5. It is excellent for those suffering from eye diseases.

Prohibition in the uses of Cow Ghee

1. For small infants
2. Very aged old persons
3. Those suffering from indigestion
4. Those suffering from diseases due to cough
5. Those sufferring from fevers.

Such persons must not use Cow Ghee.

Hayangaveenam

Cow Ghee prepared from of one day old milk is called hayangaveenam

"Hyo godahadbhavam ghritam hyangaveenam"

Uses of Hyangaveenam

1. If increases taste in food
2. It implarts physical stength
3. It enhances growth of seven dhatus
4. It increases seminal power

Purana Ghee -Old Cow Ghee

Cow Ghee stored for long time - is known as Purana Ghee - old ghee

Porperties of Purana Ghee - one Year and above.

If Cow Ghee is stored for one year and above it enhances its medicinal properties. It becomes more powerful.

Caution :

This should not be taken for daily use purposes.

It should be administred and used as a medicine.

"Madapasmar murchaaya sirah karnakshi yonijan
Puranam jayati vyaaadhin vrana sodham ropanam
purvoktha lakshydhikan kuryati gunamsthadamritopamam "

— Asthtag Hriday.

In sanity, unconsciousness, epilepsy, head diseases, diseass of.ey and ears, diseases of vagina are all destroyed by purana Cow Ghee. This removes poision . It heals wounds. This Purana Cow Ghee is equaivalent to Amrita = nectar.

Cow Ghee stored for one year and above is called Purana Ghee.

If ghee is stored beyond 2 years, 3 years and so on. for every one year old, the medicinal properties of Cow Ghee are enhanced and the potency increases.

"Yatha yatha jaran yaathi gunavasthatta tadha"

— Hareeta Samhita

Geerna Ghritam

If Cow Ghee is stored for 6 years and above. It is called "Jeernaghrit" This is very good in medicinal uses.

10 Years old ghee

Cow Ghee stored for 10 years will have the colours of Lac. This enhances seerthaveerya and intellect. This is a divine medicine. This cleanses injuries and heals them.

More than 10 years old ghee

Purana ghee of 11 years old will destroy all aggrevations in the body

"Varam yekadasam praptam sarvadoshaharam"

— Sasilekha

Purana and Prapurna Ghee

Ten years old ghee is called as "Purana Ghee"

More than 10 years old ghee is called Prapurna Ghee"

Purana Ghee works like satadhouta ghrit

Sata dhouta ghrit = the ghee washed for 100 times.

Kaambha Ghrit

Kaumbha Ghrit is also called as -

Kaumbha Ghrit and Kambha Ghrit

"Sthitham varsha satam bhumou kammbhamitya padisyate"

Kaambha Ghrit uses

It removes and destroys all types of poisions . This gives freedom from the evil effects of Graha (Planetary effects), and evil forces.

Purana Ghee - normal substances

Normal Substances due to passsage of time loose thier potence and energy and at a particular life cycle they become useless. Whereas Cow Ghee. as the years are added in storage, for additional year it enhances its medicinal properties and increases its potency.

It will become maharshadh = Supreme medicine.

Uses of Purana Ghee

For using it as a medicine, very small quantity is sufficient to give medicinal values.

By mere seeing purana ghee - eye problems are removed; by mere smell of purana ghee - enhances brain activities . It destroys eplilepsy and insanity

Present practice of methods, treating mad persons could be considered the crudest type.

This Kaambha Ghee would be the most effective medicine in treating the most dreaded diseases like *"Cancer "* and *"AIDS"* etc,

This purana Ghee is the boon given by mother cow to the entire humanity.

What is that disease in this world which cannot be destroyed by the application of kaambha Grhit? It is indeed a miracle medicine on the planet earth.

Ghrit Manda

That substance which floats on ghee is called Ghrit mand,

"Mandayati rasamithi mandane"

In properties it is equivallent to ghee

This is an excellent sarpi . Since it is lighter, it enters the dhatus immediately after administering it.

Sarpi = Which penetrates immediately.

Cow Milk

Thirst - Cow Milk

If some one's body gets heated up and feeling thirsty, then his body should be rubbed with cow milk for 100 times. He will be cured from the above problem.

'oung Ladies - Cow Milk

By rubbing Cow Milk on the body, it removs black colour on the body, clears injuries, cleanses unhygenic aterial accumulated on the skin etc. For this purpose only raw Cow milk is to be used.

Along with raw cow milk - Masoor dal (Red grams) Basan (gram flour) Multhani mithi (Special fine ade soft soil) are also used. A small amount of Haldi (Turmaric - the particula variety used for skin irposes) A few herbals are also added, like

- Lodhra, lac, arjun leaves etc.

If properly rubbed on the body and take bath with lukewarm water, it enhances beauty and lustre.

/omiting - Cow Milk

;auses for Vomiting

1. Excessive strain on physical body
2. Excessive strees on mind
3. Fear
4. Continuous mental agony
5. Seeing a terrible and horrifiying scences.
6. Smelling the most unpleasant smells and so on.

?emedy for Vomiting.

Add Yashti Madhu and red sandal to Cow Milk and drink.

Jnconconsciousess - Cow Milk

;auses for Uncounsciouness (Apasmar)

1. Too much grief
2. Too much worry
3. Aggrevation of three humors namely Vata, Kapha, and Pitta

By these the heart is affected. Because of that consciousness get affected . This results in Unconciousness.

?emedy :

Add Satavari Powder to Cow Milk , boil it and drink. In addition Rice is cooked in Cow Milk and eaten.

4namea - Jaundice - Cow Milk

Add the powder of leaves friuts, root, bark of Devadaru tree to Cow Milk. For 30 days, every day norning this should be drunk.

Anamea and Jaundice are completely eradicated

Epilepsy - Cow Milk

Causes of Epilepsy :

1. Excessive grief
2. Too much thinking on sorrowful matters

3. Excessive influence of Vata, Pitta, and Kafa.

These causes Epilepsy

?emedy :

Only by taking Cow Milk it is benefited Dharoshna Cow milk (Fresh milched Cow Milk in worm age) is the best of all.

?recaution :

But it has to be practised - starting from a very small quantitiy and gadually increase the quanity.

Only persons who are regular in physical excicises. yogasams etc. are only capable of digesting this ıilk. This gives immediate stength to the body.

?izziness - Cow Milk

?auses for Dizzines

Ragoguna + Pitta Prakrithi = Bhram = Dizzines

?emedy :

1. Drinking only Cow Milk

2. Add Satavari powder, Bala powder, Sugar in Cow Milk , boil it and drink . This will destroy the lisease from its roots.

Consumption of impure Sulpher - Cow milk

This causes thirsty.

Drinking only Cow Milk will clear the trouble.

Insanity = madness - Cow Milk

Causes for Insanity

Due to vitiation of three humors the Rasa of digested food does not undergo the required changes by which dhatus do not get the required substance. Hence dhatus start getting damaged. Because of this the mind looses its balance. This causes obstruction in the nervous system and its working . This state of the person is called madness.

Reasons for vitiation of three humors :

1. Eating of unhealthy food and Tamasic food.

(When cows which are Satwic by nature are continously fed with Rujasic and Tamasic food, over a period of time, they will also become mad.)

2. Taking opposite quality foods which spoil the internal body system .

3. Due to extreme mental shock

Ex :

(1) Due to fear

(2) Due to mental tension by doing some thing which is moraly not acceptable and which are prohibited.

3. To humiliate some one who is highly respectable and who deserves highest regard

4. Due to consumption of poision.

5. Due to practive of too many fastings which are tamasik.

Remedy for madness

By simply drinking Cow Milk with Cow Ghee both morning and night, the disease could be eliminated.

Extreme madness - Cow Milk

In the cases of extreme madness state the person should be administered Cow Milk with 10 years old Cow Ghee which helps to bring the person to normalcy.

If Cow milk and old Cow ghee are subjected to Gayatri mantra and then administred results would be faster.

"Viseshatah puranam Cha ghritam tam payayedhbiskak
Thridoshaghanam pavitratwa dwaseshadgrah mokshanaam
Apasmaaram grahonmadakta sastam viseshatah :"

— *Charaka Maharshi.*

Summary of Cow milk - Properties.

1. Pathyam = the food which is the most suitable one for a person even in convalescence
2. It increases taste
3. It is palatable
4. It is easily digesteable
5. Cures disorders due to Pitta and Vata
6. Increases intelligence and intellect
7. Increases sexual power
8. Gets digested and gives stength and vigour to the body immediatly and restores lost energy
9. It is a good vaageekaranam = Increase potency, retention and vigour and vitality.

Cow Milk - Various names

1. Amritam = Nectar 2. Jeevitam = life 3. Dhawalam = White 4. Swadu = Delicious 5. Mangalm = Auspicious 6. Dughdham = milch 7. Peeyusham = Nectar 8. Soumyam 9. Rasayana karam 10. Ksheeram 11. Payam 12. Stanyam 13. Varisathmyam 14. Sisuvardhanam

The colour of the Cow - properties of Cow Milk

With the colour of the Cow - there are, subtle changes in the charactiristics of Cow Milk.

Black Cow - properties of Cow Milk

It destroys the diseases due to Vata, It is highly benefitial.

White Cow : properties of Cow Milk

It enhances Kalpha.

It increases Satwa guna

Red Cow - Properties of Cow

It destroys diseases due to vata

yellow Cow - properties of Cow milk

It destroys diseases due to pitta and vata

roperties of Cow Milk depending on vessel for boiling

Depending upon the vessel used for boiling there will be subtle changes in the properties of Cow Milk

olden Vessel : If milk is boiled in Golden vessel . it cures disease due to pitta

'lver Vessel : If milk is boiled in silver vessel it cures disease due to kapha

opper Vessel : If milk is boiled in copper vessel . It cures diseases due to Vata

ronze vessel : If milk is boiled in Bronze Vessel. it increases blood

arth Pot : If milk is boiled in Earthen Pot it is the most benefitial and increases health.

'ooden & Metal pot : If milk is milched in Wooden or metal pots, it destroys blood and hence prohibited.

'roperties of unheated Cow milk

It increases stength of lungs

It increases heaviness and increases other diseases.

'roperties duly heated Cow milk

It is wholesome food.

It is benefitial to the body.

'roperties of Dharoshna = Just milched worm Cow Milk

When the milk is sucked it comes in sterems and it is hot. This milk is known as Dharoshna Milk.

Dhara = Streem

Ushna = hot

It is aptley called by the people as " Gumma Palu"

If it is adminisetred , it imparts nectar like qualities.

It makes the body strong. This the Best milk

Properties of Dharoshna Cow milk if left cooled for long time

If fresh milk is cooled and kept for some time, it creates all three disorders namely Vata, Pitta & Kapha lisorders.

Properties of DharoshnaMilk on heating

If Dharoshna milk is heated and hot milk is consumed, it eliminate disords due to vata and kapha. That is persons with Vata prakriti and Kapha prakriti are advised for this milk

Properties of Dharoshna milk on heating & then cooling

If Dharoshna milk is heated and allowed to cool and if it is consumed it cures Pitta disorders.

In other words persons of Pitta Prakriti are advised for this milk.

Prperties of Cow milk mixed with water.

By addition of water to the fresh milk and with the degree of addition and boiling different propertiesare attained..

Properties of Cow Milk - mixed with 1/2 volume of water.

If fresh milk is added with 1/2 part water and boil till milk is left. Such milk after consumption is

lighter for digestion than fresh Dharoshna milk.

Properties of Cow Milk - mixed with 1/4 volume of water

If fresh milk is added with 1/4 part of water and boil till milk is left and consumed - it destroys all the disorders due to pitta, kapha and vata.

It is capable of eradicating various diseases.

It increases seminal power

It is an excellent food and most beneficial

Properties of milk - mixed with equal volume of water

If fresh milk is added with equal volume of water & boiled till milk is left and consumed. it is excellent in easy digestion. This heating must be done on a gentle fire for results.

Properties of milk without mixing any water

without adding any water, pure milk as milched is boiled till 1/2 or 1/3 or 1/4 or 1/8 of milk is left over, such milk will have very high potency and heaviness. *It will have maximum strength. The properties will increase as less and less milk is left over. That is 1/8 part of milk let over after boiling is the best out of all.*

Caution :

One should not consume such milk without proper practice.

One should gradually increase the quentity over a period of time depending on ones own strenth and digestion power.

Those persons with Pitta Prakriti, engaged in heavy exercises, strenous yogasanas and such peple could affordd this type of milk.

If badam and pista which are soaked in water just sufficent to cover the soaked peices and then in the morning if they are ground to a very fine paste and add this paste and soaked with water to the milk of 1/8 left over after boiling - nobody can describe the amount of strength one acquires after consuming this every day.

Properties of Cow Milk if not heated

Fresh Milk is kept for longer duration without boiling, the milk gets vitiated proportion to the time it is left over.

Ultimately it becomes poision.

Properties due to the time of consumption of Cow Milk

Milk consumed at various timings of the day has subtle changes in properties .

Properties if consumed early in the morning

If Dharoshana milk is consumed after Brahma Muhurte and before sunrise, it gives stength , radiance and energy to the body. It increases memory power. It increases seminal power, vitality and vigour.

Properties if consumed before 12 noon

If milk is consumed after sun rise and before 12 noon, it increases sexual power, digestive power and strengthens all the dhatus.

Properties if consumed at 12 noon.

If milk is consumed at 12 noon, it imparts strenght to the body. *It cures diseases due to Kapha*

It eliminates urinary disorders

Properties if consumed during night

It cures diseases due to pittta, Vata and Kapha,

It is good for general health

It is good to take daily

Properties if milk is repeatedly heated

Various deffects occur in the milk if it is reheated . <u>*Repeated heating of the milk will make it poisionus and hence prohibited for consumption.*</u>

Properties of Cow milk depending upon the stage of sugar addition

1. If sugar is added to the milk and consumed in the morning it is benefitial. It is good for health.
2. If sugar is added after heating it increases Kapha in the children
3. If sugar is added and heated, it is benefitial .

Properties of lukewarm Cow milk added with sugar and consumed in the morning

1. This is equaivalent to nectar
2. It cures diseases due to Vata, Pitta & Kapha
3. It removes fatigue
4. It increases seminal power
5. It imparts strength to the body
6. In enhances strength and radiance to the body.
7. It improves fire power for digestion
8. It is a whole some food
9. It improves general health.

Properties of Cow Milk during fever

1. If milk is consumed at the begining of fever it is poisonous.
2. If milk is consumed at the convalescent Stage of fever and at the end of clearance from the diseases dur to kapha it is equivalent to nectar.

Prohibition in consuming Cow Milk

1. Do not take milk which is not heated
2. Do not consume milk along with salt
3. Do not take milk with Kanda root
4. Do not take milk with Jamoon juice.

It is equivalent to poision

Properties of Cow milk if it is consumed daily

If Cow Milk is taken daily, it cures diseases . It prevetns old age. It prolongs life and bestows longivity. In increases health. It increases seminal power.

Properties of Cow milk based on the time of milching

Properties of Cow Milk vary in subtle form depening on the time of milching.

Properties of Cow Milk milched in the morning

Due to coolness in the nights and due to pleasant effect of moon rays in the night, the cow do not get fatigurd. Pleasant night weather indueces happiness to the cows. Because of these reasons, the milk milched early in the morning has cooling prperties and also will be heavy in character. This milk is good for curing diseases due to Pitta and Vata. It gives strength and energy.

Properties of Cow Milk milched in the evening

During day time, when the cows move for food, sun rays fall on their bodies and further they get exhausted physically. Because of these reasons the milk milched in the evening is light in character. This milk if consumed cures diseases due toVata and Kapha.

Properties of Cow Milk with Suga Candy (crystal sugar)

It increases seminal power.

It cures disorders due to Kapha, Vata and Petta

Properties of Cow Milk with Crystal sugar + honey + Cow Ghee

1. It should be consumed during night 1/2 hr before going to bed
2. The milk should not be heated
3. Honey and Cow Ghee should not be added in equla parts
4. Should be consumed slowly with a pleasant mind

If consumed daily as above.

1. It increases seminal power, retention, vigour and vitality
2. It implarts physical strength
3. It eliminates impotency
4. For married Couple, it bestows Child birth.

Properties of Cow Milk with Aswagandha + Sugar

1. It increases physical stength
2. It strengthens dhatus.
3. It is an excellent Vagikarana for Young men

Properties of Cow milk with Satavari and Sugar

1. It imparts physical strength
2. It bestows general health
3. It is excellent for young women

Cow milk for getting a son

If a Childless lady consumes Cow Milk with Cow Ghee , Ramphal and Lakshmana as per prescribed procedure she bears a son.

Weakness - Cow Milk

Causes for weakness

1. Due to various diseases
2. Due to consumption of strong medicines haivng side effects

3. Due to increase in mental stress and body strain
4. Due to carrying excessive loads
5. Due to indulgence in excissive sextual acts
6. Due to excessive fasting
7. Due to excessive movements in the hot sun
8. Due to indulgence in too may activities
9. Awaking when it is time for sleeping.

Remedy

If cow milk with Cow Ghee is consumed daily the body strength increases.

Cow milk gives immediate energy to the body after consuming.

For youth :

Before and after sex, if they consume cow milk with cow ghee, they obtain fresh energy and strength and could lead a happy married life.

"Sadyobalaharamnaaree sadyo balakakaram peeyaath"

Properties of Cow milk with Malkangane oil , Honey, Cow ghee and Crystal Sugar

If consumed for some time

It eliminates worms in the intestine

It improves dhatus

It is excellent for children who frequently suffer due to worms in the intestine.

Cow Curd

Properties of Cow Curd with other ingredients

If curd is added with certain ingredents and consumed they give benefitial effects.

Properties of Cow Curd with Trikatu

Trikatu = Ginger + Pepper + Pippal

1) If Cow Curd is added with trikatu powder and consumed
   1. It enhances digestive power
   2. It cures disorders due to Vata and Kapha
2) If the above is consumed during Hemantra Ritu and Sasira Ritu
   1. It becomes wholesome food
   2. It imparts strength to the body
   3. It imporves brightness in the body

Properties in consuming Cow Curd with other ingredients

If every day morning Cow Curd is consumed by adding salt, pepper , sugar, moong, amla, juice of flowers and Cow Ghee (If all the ingradiants are not available at least some of them), then it imparts physical strenght and increases general health.

Prohibition in consuming Cow Curd

During night time curd should not be consumeed. If consumed disorders due to Kapha will be generated specially persons with Kapha Prakriti should not take curd during night.

If for any unforseen reasons one has to take curd duing ninght, it should be added with any one or more of the following and the consume.

Cow Ghee, Honey, Moong, Amla

Summary of properties of Cow Curd

1. It is extremely pure and sacred
2. It is cooling in nature and smooth
3. It increases digestive power
4. It increases physical strength
5. It removes diseases due to Vata
6. It increases blood
7. It increases seminal power
8. It pecifies excissive heat in the body

Various names of Cow Curd

1. Ksheerajam 2. Dadhi 3. Tadrupyam 4. Viralam 5. Ksheeravikaram 6. Mangalyam 7. Ksheera pindakam 8. navanccthamsu 9. Kampilyam 10. Ksheera sambhavam

Differences in Cow Curd

1. Mandam 2. Swadu 3. Swadamlam 4. Amlam 5. Athyamlam

These are the varieties of Cow Curd.

Manda Curd

This is equivalent to milk. The curd is not fully formed. Hence it is called manda curd.

Properties of Manda Curd.

It increases excreta. It increases disorders due to Vata, Pitta,and Kalpa . It is harmful on consumption.

This must not be consumed.

Swadu Curd.

The Curd which is fomed 100% . Its taste is sweet . Hence it is called Swadu Curd, (Swadu= Sweet & tasty)

Properties of Swadu Curd

1. It increases seminal power
2. It increases Kapha
3. It increases Satwa guna
4. It destroys Vata disorders
5. It pacifies Haemorrheg.

Swadamala Curd

This is a solid type curd. It is sweet. It containts slight amla rasa. It is known as Swadamla Curd.

Properties of Swadamala Curd

It is said that it has properties similar to normal curd. It should be taken with other ingredients. It is digestible.

Amla Curd :

If in the curd sweetness is hidden and Amlarasa is expressed . it is called Amla Curd.

Properties of Amla Curd.

It causes Pitta and Kapha disorders

That is why it should be consumed with other ingredients.

This increases Rakta pitta and blood disorders. Without additng suitable ingredients it should not be consumed direct.

Atyamla Curd.

After consumption of this curd one experiences

1. Vibrating teeth
2. Raised hair
3. Feels thirsty immediately

It is called Atyamla curd. This comes under Tamasik curd.

Properties of Atyamla curd

1. It increases digestive power
2. It aggrevates blood disorders enormously
3. It enhances pitta disorders many fold

It should not be consumed.

Cow Mastu

The water found on the curd is called Cow mastu

Properties of Cow Mastu

1. Cooling 2. Increases digestive power 3. Cools the eyes.

Mastu is benefitial in the following

1. Vata disorders 2. Kapha disorders 3. Blood disorders 4. Stomach disordrs 5. Thirst 6. White patches on the skin. 7. Constipation.

Cow Butter Milk

If curd is churned it becomes butter milk

Properties of Butter milk

1. It is excellent in imporving the resistence power in the body to diseases

2. It is benefitial in clearing white patches on the skin
3. It is good in diabetes
4. It is benefitial in loose motions
5. It relieves kapha disorders
6. It clear s worms in the stomach
7. It is useful in stomach disorders

Special properties of butter milk

1. It increases taste
2. It removes fatigue
3. It is excellent in vomitting
4. It contains different tastes - such as astringent, sour, sweet and bitter
5. It is ushna veerya
6. It enhances digestive fire
7. It gives satisfaction to the mind

Medicinal properties of butter milk

1. Butter milk contains sour taste and hence it removs Vata disorders
2. Butter milk Contains astringent taste and hence capable of removing Kapha disorders
3. Butter milk contain Sweet taste and hence removes pitta disorders
4. *As nectar to gods, cow butter milk is to human beings on earth.*

Special effects on Consumption of Cow butter milk

The consumption of Cow butter milk is extremely benefitial and useful —

during wintner season, during indigestion, during Vata disorders and when one has no appetite.

Worms in the stomach and Cow butter milk

Grind Palasa seeds in the Cow butter milk and take in the morning before sun rise. This will remove worms in the intestine.

Properties of Cow Butter milk - based on preparation time

Depending upon the time of preparation of butter milk subtle Changes in the properties of butter milk take place.

Cow Butter Milk prepared during noon time

1. It increases digestive power
2. It increases Kapha disorders
3. It cures fevers
4. If a person is suffering from indigestion - it is highly benefitial.
5. Persons suffering from Diabetic will find its use more benefitial

Cow Butter Milk prepared during early morning

It has all the properties of butter milk as mentioned earlien

Properties of Cow Butter milk. Stored for a long time

1. It causes indigestion
2. It increases Amlapitta
3. This should not be consumed.

Thirsty person - Consumption of Cow Butter Milk

The person must be given in small quantities several times at suitable intervals.

If taken at a time a large guantity, person will be affected with indigestion.

Properties of Cow butter milk - with different vessels

Gold Vessel and Silver Vessel

If butter milk is taken in golden vessel or Silver vessel it removes fainting.

Earthen Pots :

If butter milk is taken in earthen pot it removes disentry.

Different types of cow butter milk

1. Golam / Madhitam
2. Udaswitham
3. Thakram
4. Kaalaseyam

Golam

Even if a drop of water is not added and butter milk is prepared it is called Golam. Some call this as Madhitam

"Mahitam jalavarjitham"

Udaswitham

Butter milk is made by adding 1/4 part of water to the curd is called Udaswitham

Thakram

Butter milk made by adding 1/2 part of water to the curd is called Thakram

Kalaseyam

Butter Milk made by adding 3 parts of water is called Kalaseyam

Properties of Thakram

This is lighter and hence gets digested very easily. It tastes little sour and astringnt. It improves digetive power. It aliminate Kapha and Vata disorders .

Different types of Thakram and properties

The Thakram made without butter.

This possuses pungent, sour, astringent tastes and also hot, dry and dense properties.

It increases digestive power.

Its Special uses.

It is very much useful in jaundice, Stomach diseases , Vomiting diabetes, Swelling, Kapha disorders, and Vata disorders.

Mandajatha thakram

Butter milk prepared without removing butter is called mandajaatha. This takes longer time for digistion and with difficulty. Persons who indulge in hevey physical exercises could take this.

Athijaatha Thkra

Butter milk made without any trace of butter is called Athijaatha. This is too sour and hot.

This increases thirst and Pitta.

Prohibition in use of thakra

1. while suffering from injuries
2. When one is too weak
3. When one suffering from epilepsy
4. When one suffering from dizziness
5. When one suffering from haemorrhage.

The humors - uses of thakra

1. When Vata has incresed use some butter milk adding Rock salt (Saidhava Lavan)
2. When Pitta has increased use sweet butter milk adding sugar.
3. When Kapha has increased use butter milk by adding powder of dry ginger, pepper and Pippal and salt.

Use fulness of butter milk under different circumstances

1. Butter milk with slight sourness increases seminal power
2. Butter milk with strong sourness increases digestive power
3. Butter milk when heated and used is benefitial under the following conditions.

(1) Common Cold (2) Cough

Different Names of Butter Milk

1. Thakram 2. Madhitam 3. Gorasam 4. Golam 5. Amlam 6. Dvawam 7. Vilodhitam 8. Swetham 9. Dandahatam 10. Sandram 11. Kaalaseyam "Kalasyam bhavam Kaalaseyam". 12. Shaadabam 13. Kara mandhitam 14. Mandajaatham 15. Athimilitham

Vardhamaana Hayangaveenanam

Butter Milk just prepared from curd is called as Vardhdamaana Hayangaveenanam

Propertises of Hayangaveenanam

If some one consumed very sour butter milk and suffering from various disorders. Also disorders caused by consuming butter milk stored for a long time. Under these conditions uses of Hayangaveenanam is benefitial. Use to be as per prescribed proceduces.

Properteis of Vardhamana Hayangaveenanam

Especially in severe conditions and for quicker results one should resort to "Vardhamana Hayangaveenanam"

Cow Cream

This is the creamy layer formed over heated milk

Properties of Cow Cream

1. It helps ladies to bear children
2. It removers haemorrhage
3. It imparts strength to physical body
4. It gives satisfaction to the mind
5. It becomes swadhu paka after consumption

Ladies and Cow Cream

It the body is rubbed with Cow Cream it smoothens the skin and improves the skin complexion.

Rubbing of the body with Cow Cream by adding the followng will bestrow multifle benefits.

Powders of 1. Sandal 2. Masur dal (Red grams) 3. Daru haldi 4. Vayavidang5. Mangistha 6. Ratan jot 7. Red Sandal 8. Turmeric 9. Selkadi

Benifits

1. Skin becomes very smooth and attractive.
2. Increases beauty
3. Increases flow of pure blood in the body
4. Removes white patches on the Skin
5. Removes *vyang* = coloued patches on the skin
6. Removes dryness of the skin
7. Removes pimples on the face.
8. It increases glow and radiance to the skin
9. It increases overall *Lavnaya* = Charm and loveliness

"Snigdham saanthaanikam balyam raktapittaprasantikrit
Swadu pakena ruchyancha vizneyam tharpanam guru"

Cow Butter

By Churning Curd butter is separated. It is pure white at the time of preparation. But as the time passes it acquires slight yellow colour.

Properties of Cow Butter.

1. It is excellent in eye diseases
2. It increases seminal power and vitality
3. It increasesKapha disorders and pitta disorders
4. It bestows good colour to the ladies and glow to their skin.

5. It imparts physical strength
6. It is tasteful and gives satisfaction to the mind
7. It cures Vata disorders
8. It eradicates fatigue and stress
9. It strengthens dhatus.

It is like a nector to the children

Properties of Cow Butter Just Prepared

1. It is tasty 2. It is cool 3. It increases intellect

Properties of Cow Butter stored for a long period

1. It becomes alkaline, acidity and pungent
2. It causes vomiting on consumption
3. It generates various disorders in the body

This must not be consumed.

Names of Cow Butter

1. Navaneetham

"Navaddadhna neetham navaneetham"

2. Navoddhritham

"Nave ddadhna Udhritham navoddhiritham"

3. Hayangaveenam 4. Sarjam

Cow Dung

Properties and Specialities of Cow Dung

1. Applying Cow dung on the surface of floor, destroys all the bacterial and other harmful things which cause diseases. Hence its use in houses and Puja altars.

2. It applied properly on wall, it could prevent radiation.

3. Persons sitting over the floor which is smeared with Cow Dung, will be bestowed with Pranic force.

If applied properly on the floor, the pranic force extends to about 100 feet radious.

4. During long Anusthaana kriyas = Special progress with Mntras - use of cow dung bestows powers.

5. Cow dung cakes are used in Homa which purifies the surrounding polluted atmosphere.

Different names of Cow Dung

1. Gopureeshm 2. Govistha 3. Gomalam 4. Gopeda 5. Gomayam

Cow Urine

Will ther be any disease on earth which cannot be eradicated by Cow urine which is obtained

1. By feeding Satwic food & fresh water to cows
2. By following prescribed procedures in obtaining Cow Urine

3. By following prescribed procedures in administring cow urine.

Cow urine is like the nectar on the planet earth.

Cow Urine (Gomutra) and befefits to humanity

Some of the benifits are

1. It increases digestive power
2. It improves intellect
3. It destroys disorders due to Kapha
4. It removes all diseases of the face
5. It eliminates eye disorders
6. It eradicates disorders due to Vata
7. It destroys all types of Leprosy
8. *It clears all the disorders of Stomach*
9. It destroys all skin disorders
10. It eliminates disorders due to kapha
11. It clears Anamia and Jaundice
12. It stops diarrhoea
13. It eradicates urinary disorders
14. It removes abodominal tumour
15. It destroyes worms in the intestine
16. It gives relief from ear pain. and so on.

"Kasam Sanskristha Jattarakrimi pandurogam
gomutra mekamapi peethamapakarothi
Sarveshwapi cha mithreshu gomutram gunatho adhikam"

Names of Nectar like Cow Uirne.

1. Gojalam 2. Goambham 3. Gonishyandam 4. Godravam 5. Gomuthram

Yoga of Cow Urine

Cow Ghee, Cow Milk and Cow Urine - Mahasanjeevani ghritam

If Mahasanjeevani ghritam is prepared as per prescribed procedure with cow ghee, cow milk, cow urine and other herbs and administered as per prescribed procedure

1. It destroys poisons
2. It is highly benefitial in eradicating diseases like

1) Epilepsy 2) T.B. 3) Insanity 4) Intestinal worms 5) Jaundice and so on.

It is like a nector for those who are affected with poisons .

Panchagavya

Cow Ghee, Cow milk, Cow crud, Cow urine and Cow dung are called Panchgavya.

Procedure for obtaining Panchagavya

1. From Grey Coloured Cow — Obtain Cow milk with the Prescribed Mantra
2. From Block coloured Cow — Obtain Cow curd with the prescribed Mantra
3. From Blue coloured Cow — Obtain Cow Ghee with the prescribed Mantra
4. From white coloured Cow — Obtain Cow Dung with the prescribed Mantra
5. From Copper coloured Cow — Obtain Cow urine with the prescribed Mantra

Panchgavya ghritham

This is prepared with cow ghee, Cow Milk, cow curd, cow urine, and cow dung and taken all of them in equal parts. As per prescribed procedure this is made into Ghritapaaka. If administered as per prescribed procedure it iradicates completely the most chronic cases of

1. Insanity 2. Epilepsy 3. Jaundice

Gomata and its food

Gomata is one which is Satwic by nature.

If all those bebefits as enumerated are to be obtianed by humanity.

One should never tamper "Satwic" nature of Gomata.

Gomata must be fed only with Satwicfood, natural green grass, grams and pure water. This is with pure love and effection.

By consuming these Satwic foods Gomata in turn gives us the best Panchagavyas.

"Prajaavathi h suyavasam krisantheeh sudhaa apah suprapane pibahtheech "

— *Rigveda 6-28-7*

— *Atharva Veda 4-5-22-7*

Gomatha - its service to humanity

If the soil is enriched with Cow dung and Cow urine it would become very fertile. Various crops, creepers, trees etc., which are grown in that soil will acquire immunity from various insects which destroys them. Further the growth of the plants would be very healthy. Whatever medicianl herbs you obtain form such soil are poweful, energetic and potent.

Method of preparing high yield variety of seeds

The seeds which are obtained as per prescribed procedures, should be immersed and kept in homa bhasma. This homa bhasma is out of homa performed with panchagavya and prescribed Vedic Mantras. After keeping over 21 days , the seeds are taken out and sprinkled with Cow Milk and Cow Ghee

The Seeds prepared in this maanner are ready to sow. These will give the highest yield.

Growing Green vegetables with the highest potency

Prepare a place mixed with Cow dung and cow urine and the seeds prepared as above are sown in this soil. The sudlings are planted in a soil mixed with cow dung and cow urine. The growth of the plants will be good and are resistant to various insects. They give better yield.

The vegetables you obtain in this process are supposed to be excellent variety with high potency and food value. These are the best green vegetables one could obtain.

Eradicating minor ailments and to improve personal health.

It kichide (Rice + vegetables) is prepared out of these green vegetables and taken with cow ghee over a planten leaf, such person will get freedom from many types of ailments in the body and will become energetic and healthy.

For better results one should continue the process for at least 41 days. Before commencing the process one should cleanse his body with Sankha Prakshaalana Kriya and Kunjara kriya under the guidance of an yogic expert.

Individual health and Gomatha

If any one or more of Panchgavyas are taken as per prescribed proceducres, the person would become healthy and could lead a happy long life.

Solution to pollution

If Panchagavay homa is performed every day , the individuas who perform, the persons who are near by will become healthy both physically and mentally. By homa the atomosphere gets cleaned and get purified. Through this we obtain purified water through rain. When pollution in the atmosphere is removed and obtain "Divyodak" = "Divine water" , through rains, the forests would yield rich . powerul and potent herbs. You obtain plentiful rich crops and excellent yeld in the plant kingdom. As a chain reaction, the entire nation will get excellent resources.

That means Panchagavya homas will gnerate multiple natural resources for the benefit of society at large.

This is in contrast with the present scenario where highly greedy and selfish persons are indulging in dwindling the natural resources, wanted distruction of natural forests, polluting the atmosphere and creating health problems. This results in getting polluted water through rain which is responsible for less yield of crops. This is also reducing the potency of medicinal hurbs.

Gomata alone could save from these calamities and bestow the nation with enriched natural resources, generation of narturral resouces and a pollution free atmosphere for all living beings.

Insane people and Gomata

At present insane people are treated with several methds including shocks. In severe chronic cases they are chained and treated as animals. These are considered the most cruelsome methods.

By administering Cow Milk with Purana Cow ghee as per prescribed procedure these insane people could be brought/back as normal people. In severe chronic cases administering panchgavya ghritam would render excellent results. Along with the treatment if panchgavya homa is performed near thise place the results will be faster.

Cruel deeds and Gomata

Due to several reasons people indulge in cruel acts. If ordinary methods fail to bring them back to normal social life. the followng method could be adopted.

1. By performing panchagavya homa as per prescribed procedure or participating in such homas every day.
2. Administering Cow Milk with old Cow ghee as per prescribed procedure.

With the above the individuals will get transformed over a period of time. Their Tamasic and Rajasic

traits will gradually be converted towards Satwic quality. Even if they reach the threshold of Satwa guna, enormours mental attitude changes could be perciptible.

Prevention of diseases and Gomata

By the daily use of green vegetables and Kichidi with Cow ghee and eating on palm leaf will make people resistant to diseases and make them healthy

Students and Gomata

During student life if Cow milk with Cow Ghee is administered the students will be bestowed with good memory intellect and intelligence which help them in their studies.

Gomata - Pavani

Gomata with the pure Satwic nature has Prabhava. This Prabhava purifies and sanctifies all those persons who make Pradakshina = to go around the Gomata three times keeping their right hand towards Gomata.

Hence it is called as "Pavani".

Gomata Kalyani

Gomata without any discrimination bestows benediction on all human beings and hence it is called "Kalyani".

Conclusion

By their mere presence Cows purify others. Due to Prabhava mere walking around the cows with clockwise direction will bestow pranic force to the people

Satwaguna, Prabhava and Pranic force are inherent in Gomata and hence Capable of purifying all those who move around her in clock wise direction daily. The Prabhave of gomata extends in all directions. Any one moving in that Prabha gets purified.

"Gavah pavitrah Saangathya"

From birth till the entire life span of humans, Gomata bestows the benevolence such as

memory, intellect, intelligence, physical strength, eradication of innumerable diseases. purifies the polluted atmospher and divyodaka through rains, growth of plants and trees with high potency and rich crops with high yield and so on.

Service to Gomata

Gomata bestows the above by its mere presence and through panchagavya. In other words Gomata bestows health, welath and prosperity to the entire humanity. Hence Gomata is like Lakshimi (Goddess of Wealth) on the earth. That is why elders always say " buy a cow even by raising money through loan"

"Thaddi seyam prayathne na thattha Lakshmi Prathisthithaa"

— *Pushkara Maharshi*

Raising dust from the feet of Gomata

While cows walk fine dust is raised into atomosphere. If that dust falls on humans their poverty runs away. This means when there are more and more healthy cows walk happily the situation indicates prosperity to the society.

"Gorajah paramam punya malakshmi vighna naasakam"

— *Pushkara Maharshi*

Gomata bestows all wealth and healt to humanity and rain natural resources on the earth. Hence it is own as "Kaamadhenu" on earth.

iswamate = Mother of Universe

In direct form Gomata gives all benefits through its Panchagavya. Indirectly it bestows benevolence humanity by purifying atmosphere and radiating life force around it. With Panchgavya homa atmoshpere ɔurified and divine water come through rain and thereby causing the growth of potency herbals. All these :s are benevelent to the entire earth. Hece it is called. "Mangalakara"

"Gavah pavitram paramam gavo mangala muthatham".

— *Pushkara Maharshi*

'ifferent names of Gomata

By mere pronouncing the names of Gomata, one could understand the high emanance of Gomata

Various names of gomata are

1. Paavanee
2. Kalyaanee
3. Surabhi = Kamadhenu
4. Matha usra
5. Bhadra
6. Bhanumathi
7. Bhuri maatha
8. Arghya
9. Dhenu
10. Bahula
11. vasu
12. Maheyee
13. Gaurameyee
14. Rohinee
15. Dogdree
16. Sringee
17. Arjunee
18. Gau

All these are the names of Satwic, sacred and benevolent Gomata

Great Maharshis say

"Mathru devo bhava"
"Pitru devo bhava"
"Atiti devo bhava"
"Acharya devo bhava"

If all the elders excuse, the above could be said as follows :

"Dhenurdevo bhava"

"Mathru devo bhava"

"Pitru devo bhava"

"Atiti devo bhava"

"Acharya devo bhava"

-- Om Tat Sat --

Ancient Indian Wisdom Mother Cow - Yajna

Prattipati Ramaiah

अनुबंध

Mother Cow - Yajna

Adhyaya - 1

Some of the benefits obtained by performing Yajna are enumerated below :

"Recently the Defence Institute of Physiology and Allied Sciences, Delhi carried out studies on the hysiological effects of Mantras on the mind and body ; eight healthy young men were he subjects. the study showed a treand of decrease in the heart rate and blood pressure. t appears that there is strong electromagnitic field in teh environment at the time of the icitation of Mantra during 'Agnihotra', which is picked up by the E.C.G."

— *The Hindu dated 13.11.1994*

"Talking on the cleansing process of the atmosphere, he said Agnihotra heals the tmosphere by injecting nutrients into it. "Agnihotra" makes plant and bird life happy und helps maintain harmory in the oxygen recycling system and improves absorption of un's rays by water sources and thus controls unwanted growth of algae and bacteria ' he laimed.

Referring to medicinal values of Agnihotra atmosphere and ash, Prof. Mulay pointed out about he research work of Berthold and Monika Jeble of Germany on several medicines based on Agnihotra ash. Clinical tests were successful for a wide range of illnesses and today these medicines are widly ised in Chile and Poland, he added."

—The Hitawada dated 2.2.1993 (Nagpur).

"..................eight day international PutraKamesti Yajna to help childless couple beget children. Performed after an interval of almost 5,000 years. 5,280 couples responded........................some of them rom far away places like Australia and the USA....................

After computerised screening 1,330 couples selected for the PutraKamesti Yajna..............Sex was aboo for the participants. Diet prescribed was not only Spartan, but 'Satwic', If without salt and spices. On appointed day on May 2,selected after much astrological calculations Mr. Cherumukku Vasudevan Akkithiripa, a well known Namboodri Pandit, rubbed two twigs of a scared of banian tree to he chanting of Vedic hymns by 200 priests and kindled fire for the Yajna as thousands vatched in disbelief.

Six months after the event, during which card kept a tab on 308 couples, who participated in the Yajna from Kerala, 42 women were found to be pregnant while another 50 showed symptoms of pregnancy. One of them was married for 24 years without child while another was 46 years old."

— *The Stateman dated Dec, 1992.*

"The Maharastra State Grape Growers Association, Pune (India) conducted extensive experiment in using Agnihotra ashes in their gardens. They have confirmed that Agnihotra ashes did increase production.

Dr. B.G .Bhujbal, who carried out the experiment, observed Agnihotra was done regularly and Agnihotra ash was applied to the grape wines. The observations which were recorded at the harvest time proved very good. The grower, Mr. Khode, said never did he belive in sucha possibility until he saw the actual results. The individual berry as weel as the cluster were of a rich clour, taste, sweetness and weight. About 150 observers said that the crop was the best in the locality."

— *The Hindu dated 13.11.1994.*

2nd Incident

"There was Mr. M.L. Rathore (33) living near Bhopal railway station where dozens of people died of gas poisoning. Found himself, his wife, four children, mother and brother all felt as if they were being chocked Mr. Rathore had been performing Agni shotra for the last five years, and so he immediately began doing Homa, and continued with the "Tryambaka Homa", within fifteen minutes, the entire family was free from the burning sensation and chest pain. "

Extract From The Hindu, dated 13-11-1994.

Explanatory notes : Tryambaka Homa means performing Agnihotra and with every oblation - Mrityunjaya Mantra is recited.

Mrityu = death, jaya = to conquer.

Mrityunjaya Mantra :

"Om Tryambakam yajaamahe sugandhim Pushti vardhanam ...."

- Veda Mantra.

It is a very powerful Mantra.

3rd Incident

"Four doctors working with the Indian Army carried out studies on the effect of Homa on heroin addicts. One was an infantry officer, a talented sports man. The doctors reported. "He was too far gone into smack. After much persuasion, he agreed one movement when he was sber to watch Agnihotra being done. After five days he developed an inclination for it and voluntarily joined the group for Agnihotra and by the seventh day he began performing it himself. Gradually, he developed a revulsion to heroin and after four weeks of regular Agnihotra, during both dawn and dusk, he was fully out of the drug habit"

Extract From The Hindu, dated 13-11-1994.

"Aghihotra or 'Homa Therapy' as it is described has been popularised and practised in countries such as the U.S., Chile, Poland and West Germony. In the U.S. where the 'New Age' movermnt began in the sixties. Agnihotra pratiotioners can be seen everywhere, the greatest concentration being found on the East and West. coasts. Non stop homa has been going on since September 9, 1978 in Baltimora, Mary land, the place known as Agnihotra Press Farm and is an hours drive from the White House"

— The Hindu dated 13.11.1994.

Adhyaya - 2

Solution to Pollution

By performing Yajna the polluted autmospher gets cleaned. Benefits of performing Agnihotra are given below :

Agnihotra - benefits to humanity

"A healing touch to the polluted atmosphear can be given through "Homatherapy" by performing 'Agnihotra' as it is based on the bio-rhythm corresponding to sun rise and sun set establishing one healing cycle. According to Prof. S.C. Mulay of the association for the preservation of environment, Nasik Maharastr (India)

Prof. Mulay, who gave a performance of Agnihotra at the four-day World Congress of (Medicina Altarnativa) which concluded here recently. Said the atmosphere between the earth and solar range becomes more pliable and more easily shaped by performance of Homa.

"It has to be shaped as it is out of shape due to pollution"., he said.

Prof. Mulay, who has been practising and teaching Homa therapy to several people from different walks of life in the country and abroad for the last 23 years.

Prof. Mulay, said 'Agnihotra' is the basic Homa for all Homa fire practices and is effective in psychotherapy, medicina, agriculture and also inter planatory communication."

- Hitawada dated 2-2-1993 (Nagpur, India)

Adhyaya - 3

Agni Hotra

"Agni hotnam saayam praatham griheenam nishkritish"
- Taithireeyaranyaka

Agnihotra is the fire ritual performed in the house, Hear the altar is a small sized vessel made as per prescribed dimensions.

By performing Agnihotra evey day in the house both morning and in the evening, cleanse the house from all types of pollution.

In a house, when Agnihotra is performed, will protect the immates of the house from any poisonous gas that may enter the area by any chance.

"Prof. Mulay, who has been practicing and teaching homa therapy to several people from different walks of life in the country and abroad for the last 23 years, further pointed out that homa therapy practised by ancients all over the planet, came to be lost. But now this knowledge is being revived.

Homa is a Sanskirt word also called "Yajna", which is the technical term from the Vedic Science of Bioengery denoting the process of removing taxic conditions of the atmosphere through the agency of fire."

- The Hitawada dated 2.2.1993 (Nagpur).

Adhyaya - 4

Agnihotra - Aura

By performing Agnihotra in the house regularly will clean the Aura in the house and in creases praanic energy in the house and also will improve the aura of the inmates of the house. Their general health is improved and they get accelerated recovery from common ailments.

Individual and Yajna

An individual, however strong and powerful he might be could help, himself, neighbours and many people but the benefits are limited.

It Yajna is performed the benefits are universal in that

1) Individuals are benefited.
2) Neighbours are benefited.
3) The place where Yajna is performed gets purified.
4) Purifies the surrounding space and atmosphear
5) Enables purification of water in the clouds and enables to get pure water as rain and stops acid rains.
6) Purifies and strengthens all herbals and increase their potency
7) Unknown benefits are countless.

For these reason Yajna in Sreshthatama karma

"Yajnovai srishtha tomakarmah".

For Universal peace and prosperity and for the well being of all humans and all other living beings

Yajna is the solution.

Adhyaya - 5

Pancha gavya - Cow Ghee + Cow Milk + Cow Curd + Cow Urine + Cow Dung

Agnihotra performed with Pancha Gavya is considered the Best method.

Cow Ghee is called *Havish*. It is used as an offering to Agnihotra.

"Cow dung Cake is a recognised disinfictant,

It contains plenty of menthol, ammonia, Phenol, indol, formalin : Its bacteriophages eradicate the pathogens. "

"Agni hotnam saayam praatham griheenam nishkritish"
- Taithireeyaranyaka

Agnihotra perfomed both during morning and evening cleans the home and the Sorroundings.

"The basic requirement for performing Agnihotra are :
timing and punctuality - sun rise and sun set daily:
fire - using cowdung cake fire.
Pyramid shaped copper pot of specific size :
offerings - raw rice smeared in pure cow's ghee :
Mantras (Vibrations).

Why sun rise and sun set?

At sun rise, fires and electric energy ethers and more subtle forms of energy emanate from sun, extend all the way and produce a flood effect. It is flood enlivens and purifies everything in its path.

At sun set, this flood receeds and the growth of pathogenic bactiria alarmignly increases hence performing Agnihotra has bacteriostatic effect on atmosphere".

— The Hindu dated 31.11.1994.

"The Maharastra State Grape Growers Association, Pune (India) conducted extensive experiment in using Agnihotra ashes in their gardens. They have confirmed that Agnihotra ashes did increase production.

Dr. B.G .Bhujbal, who carried out the experiment, observed Agnihotra was done regularly and Agnihotra ash was applied to the grape wines. The observations which were recorded at the harvest time proved very good. The grower, Mr. Khode, said never did he belive in sucha possibility until he saw the actual results. The individual berry as weel as the cluster were of a rich clour, taste, sweetness and weight. About 150 observers said that the crop was the best in the locality."

— The Hindu dated 13.11.1994.

Adhyaya - 6

Bheshaja Yajna

Performance of Yajna not only with cow ghee and other ingradients but also by using various herbals is called "BheshajaYajna".

If a patient looses all hopes and awaitng death, he could be saved from this misery by performing Bheshaja Yajna as per the prescribed procedures - the construction of altars, Offerings, etc.,

One process is " By using guduchi (a medicinal herb. Very bitter in taste and also called as "Amrita

= Nectar") and mother cow's milk, The offerings to the sacred fire to be given with "MRITYUNJAYA MANTRA" (a Veda Mantra). This Homatmak Yajna is to be performed by a learned person, while the Patient is at the Yajna place, both morning and evening. This is to be repeated till the patient is recovered fully.

If the patient's is condition is very serious, then the person performing Homatmak Yajna is one - who is sattwic in nature, who completed GayatriMantra japa for one week while on fast, taking cow milk - during the fasting and abstained from all other activities. He should give offerings to yagna by chanting "MAHAA MRITYUNJAYA MANTRA" and start Yajna with "MAHASANKALPA".

The cow milk and cow Ghee should be obtained from different coloured cows and while obtaining milk and Ghee separate Mantras are to be recited as prescribed in "Gomati Vidya" of AyurVeda.

The condition of the cows and their age etc. are as prescribed in AyurVeda. The food offered to the cows should be Sattwic food and pure water for drinking as preseribed in Veda.

If correct procedures are followed strictly, as prescribed for every stage, then the results obtained are with mathematical precision.

That is why Sathapatha Brahmana describer Yajna as the Sreshthatama Karma.

Only a learned Veda pandit of Atharvan Veda could give complete guidance for all the stages.

Bheshaja Yajna - society

People living in cities and villages, all of them could be saved from seasonal attacks of small pox and such diseases by performing Bheshaja Yajna in the particular season with prescribed herbals along with other ingradients. Bheshaja Yajna could be performed for curing a particular disease by using selected herbals along with other ingradients.

"Dry tiwigs of the following trees which have medicinal and beneficial effects are used with cow dung cake.

Vata (ficus bengalnensis),
Audumbra (ficus glemetra),
Palaasha (butea prondosa),
Peepal (ficus religiosa) and
Bel (Aegle marmelos)

offerings : Unbroken raw rice grain, preferably brown rice two pinches for each time.

Pure cow ghee : two drops of ghee is smeared on the rice and two offerings, one after another are offered to the fire, exactly at sun rise and again at sun set time :

— The Hindu dated 13.11.1994.

" यदिक्षितायुर्वदिवा दरेतो मृत्यारंतिक नीति ऐद ।
तमा पुरिमिनि ऋते रूपस्यातस्यार्थशतक्षार दय ॥"

\- अयर्वणवेद

"प्रयुक्ता या यतः चेष्टवाः राजयक्ष्मा पुरोजितः
तांवेद विहिता मिष्टिमारोग्यर्था प्रयोजयेत्"

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— *The Hindu dated 13.11.1994.*

Adhyaya - 7

Yagna - Rain

"Agnervedhoomo jaayate dhoom dabhram abhraat vrishtih"

- Sata patha Brahmana - 5-3-5-17

Smoke through Yajna.

Clouds through smoke.

There after the electricity.

There after the rainfall.

This is a brief description of the stages involved for obtaining rain through Yajna. The technology arts is to obtained from Atharva Veda.

1. "The sarvahita kari" from Rotahk, Haryana(India) reported the success of rain experiments performed in Rajasthan and Gujarat with the help of special materials prepared on the lines of the Vedas for the purpose"

Dt 21-7-1986.

If Vrishti sukta Mantras of Atharva Veda are recited while offering oblatorions to the yagna with he prescribed substances, with the prescribed altar for Yajna (construction of a structure for performing Yajna) and by following all the procedures as prescribed, the rain will come even in summer days. Large scale rainfall could be obtained if the scale of Yajna is enhanced.

8. "Rain formed with the help of Vrishti - Yajna conducted in Rajkot (India)"

- Janesatta (Gujarath Paper) Dated 18.6.1986

Adhyaya - 8

Various Types of Yajnas

There are several types of Yajnas performed for achieving specified benefits. Some of them are -

1) Yekaha Yajna - Yajna completed in a day.

Yajnas performed for 1. Many days 2. Many months 3. Many years Some of them are 2) Vaajapeya 3) Jyothishtoma 4) Sarvamedham 5) Aswamedham 6) Somayaga 7) Haviryaag 8) Mahavratayaag 9) Houtram 10) Pravargyaag 11) Chaathurhotrachitti 12) Roudra Prayoga 13) Panchamahaayaa 14) Srautayaaga 15) Putra kaameshti Yajna — to bestow children to ladies who are not able to conceive and so on.

Adhyaya - 9

Veda - Yajna

Karma = Action

What are the main classifications of Karma ?

"Chatur Vidham Karmah"

Karma is of four classifications

Aprasasta karma = Non sensical action

Actions which are not as per Sastra, which are prohibited, which are against the society.

Prasasta Karma = Suitable actions

Actions such as protection to the children, taking care of parents and elders and so on.

Sreshta karma = superior actions

Actions which are beneficial to the society at large, and which bestow happiness to others.

Sreshthatama karma = The most superior actions. The actions which are the most beneficial and those which are the best out of the best actions. What are these sreshtatama Karmas ?

"Yaznovai sreshtatama karmah"

- Sathapatha Brahmana

In this universe "Yajna" is the sreshtatama karma.

Is there any solution to pollution?

Homatmak Yajna is for clearing polution.

Benefits of Homatmak Yajna.

By performing Homatmak Yajna

1) Physical bodies get cleaned and sense organs act effectively and the whole personality obtain enormous benefits. That is individual benefits are obtained.

(2) Water, air, herbal and so on get purified. The outside world gets purified..

Yajna as Summarized

" संबार्हिरङ्क्त ग्ं हविषा घृतेन समादित्यैर्वसुभिः सम्मरूद्भिः

समिन्द्रो विश्वदेवेभिरङ्क्तां दिव्यं नभो गच्छतु यत् स्वाहा "

- यजुर्वेद 2-22

"When you perform Yajna
And offer into sacred fire
Oblations of ghrita and substances.
They being mingled and absorbed
In ethereal rays, water and air
Spread throughout space
Invigorate the atmosphear
And give to the people
Rejuvenating rain and warm rays, light of life
Vigour and vitality".

- Yazur Veda - 2-22

Ancient Indian Wisdom Ayurveda - Veda Mantras

Prattipati Ramaiah

आयुर्वेद - वेदमंत्र

दैवायुर्वेदम

मृत संजीवनी विद्या :

1. *"मा प्रगाम पथो वयं मा यज्ञादिन्द्रसोमिनः ।*
   मान्तः स्थुर्नो अरातयः ॥"

2. *"यो यज्ञस्य प्रसाधन स्तन्तुदैवेष्वाततः ।*
   तमा हुतं नशीमहि ॥"

3. *"मनो न्वाहु वामहे नाराशं सेन सोमेन ।*
   वित्रूणांच मन्मभिः ॥ "

4. *"आत एतु मनः पुनः क्रत्वे दक्षाय जीवसे ।*
   ज्योक य सुर्य दुशे ॥"

5. *"पुनर्नः पितरो मनो ददातु दैव्यो जनः ।*
   जीवं व्रातं सचेमहि ॥"

6. *" वयं सोम व्रते तव मनस्तनूषुबिभ्रतः ।*
   प्रजावन्तः सचेमहि ॥"

- इन के प्रयोग आदि गुरूमुख से सीखना पडता है ।

मन्त्रायुर्वेदम

सर्वरोग निर्मूलनार्थ

1. *"अग्नेर्मन्वे प्रथमस्य प्रचेतराः*
   पाञ्यजन्यस्य बहुथा यमिन्दते ।
   विशो विशः प्रविशवास मिमी हे
   सनो मुञ्चं त्वंहसः ॥"

2. *"यथा हव्यं वहसि जातवेदो*
   यथा यज्ञं कल्पयसि प्रजानन ।
   एवा देवेभ्यः सुमतिं न अ वह
   सनो मुञ्चं त्वंहसः ॥"

" यामन्यामन्नुययुक्तम वहिष्ठं
कर्मनकर्मन्नाभग अग्नि मीडे ।
रक्षोहणं यज्ञपृधं धृताहुतं
सनो मुञ्चं त्वंहसः ॥"

"सुजातं जातवेद समग्नि वैश्वानरं विभुम ।
हव्यवाह हवामहे सनो मञ्च त्वंहसः ॥"

"येन ऋषयो बलमहोतयन युजा
येनासुराणामयुवन्त माया : ।
योनाग्निना पणी निन्द्रो जिगाय
सनो मुञ्चं त्वंहसः ॥"

- अ.वे.

"एन देवा अमृत मन्वविन्दन
ये नौषधी र्मधुगती रकृण्वन ।
येन देवाः स्व रागमन्
सनो मुञ्चं त्वंहसः ॥"

"यस्येदं प्रदिशि यद विशोचते
यज्ञातंजनितव्यर च केवलम ।
स्तौम्यग्निं नाथितो जोहवीमि
सनो मुञ्चं त्वंहसः ॥"

अ.वे. - 23 सूक्तं

र्वव्याधि चिकित्सार्थ

"भवाशर्वैमन्वेनां तस्य वितं
ययोर्वामिदं प्रदिशि यद विरोचते ।
यावस्देशाथे द्विपदो यौ चतुष्पद
स्तौनो मुञ्चत मंहसः ॥ "

" ययोरभ्यध्व उत यद दूरे चिद
यौ विदिताविषुभृतागशिष्टौ ।
यावस्योशाये द्वपदो यौ चतुष्पद
स्तौनो मुञ्चत मंहसः ॥ "

अ. वे. 28 सुक्त

"सहस्राक्षौ वृत्रहणा हुवेहं
दुरे गव्युती स्तुवन्नेम्युग्रै ।

यावस्येशाथे द्विपदो यौ चतुष्पद
स्तौनो मुञ्चत मंहसः ॥ ''

4. *''यावारेभाथे बहुसाक मग्रे*
प्र चेदस्राष्ट्र मभिमां जनेषु ।
यावस्ये शाथे द्विपदो यौ चतुष्पद-
स्तौनो मुञ्चत मंहसः ॥ ''

5. *''ययो र्वधान्ना पपद्य कश्च*
नान्तर्देवेषूत मानुषेषु ।
यावस्ये शाथे द्विपदो यौ चतुष्पद -
स्तौनो मुञ्चत मंहसः ॥ ''

6. *''यः कृत्याकृन्मूलकृद्*
नि तस्मिन धत्तं वज्रम उग्रौ ।
यावस्येशाथे द्विपदो यौ चतुष्पद
स्तौनो मुञ्चत मंहसः ॥ ''

7. *''अधि नो ब्रूतं पृतनासूग्रौ*
सं वज्रेण सृजतं यः किमीदी ।
स्तौमि भवाशवैा नाथितो जोहवीमि
स्तौनो मुञ्चत मंहसः ॥ ''

अ. वे. 28 सुक्त

विषचिकित्सा

विष हरण के मंत्र : (विष भैषज्य मंत्र)

1. *''ददिर्हि गह्यं वरूणो दिवः कवि*
र्वचोभिरू ग्रैर्नि रिणामि ते विषम ।
खातमखातमुत सक्तमग्रभमिरेव
धन्वन्ति जजास ते विषम ॥''

2. *''यतू ते अपोदकं विषं तत्त एतास्वग्रभम ।*
गृह्णामि ते मध्यम मुत्तमं रसमुतावमं
भियसा नेशदादु ते ॥ ''

3. *''वृषा मे रवो नभसा न तन्यतु रूग्रेण*
ते वचसा बाध आदु ते ।
अहं तमस्य नृभिरग्रभं रसं
तमस इव ज्योतिरूदेतु सुर्यः ॥ ''

4. "चक्षुषा ते चक्षुर्हन्मि विषेण हन्मि तेविषम।
अहे म्रियस्व माजीवी : प्रत्यग गभ्येऽतु त्वात्त्वविषम ॥"

5. कैरात पृश्न उपतृण्य बभ्रो
आमे शृणुतासिता अलीका : ।
मा मे सख्यु, स्तामानमपि
ष्ठाताश्रावयंन्तो नि विषेरमध्वम ॥"

कैरात	=	The Snake of jungles	बभृ	=	Snake with wheetishdots
पृश्नि	=	The Snake of with dots	असित	=	Black Cobra
उपतुण्य	=	The Snake in the hay			

6. "असितस्य तैमातस्य बभ्रोरपोदकस्य च।
सात्रासाहस्यांह मन्योरव ज्यामित्रव
धन्वनो वि मुञ्जामि रथा इव ॥"

7. "आलिगो च विलिगी च पिता च मात च।
विद्म वः सर्वतो बन्ध्वरसाः किं करिष्यथ ॥"

8. " उरूगूलाया दुहिता जाता दास्यसिकन्या।
प्रतङ्कं दद्रुषीणं सर्वासामरसं विषम ॥"

9. "कर्णा श्वावित् तदब्रवीद गिरेरवचरन्तिका ।
याः काश्चेमाः खनित्रि मारस्तासामरसतमं विषम् ॥"

- अ. वे. 13 सुक्त 5-3-13

मन्त्रायुर्वेदम

ज्वर निवारण मंत्र

1. "अग्निस्तकमानमप बाधितामितः
सोमो ग्रावा वरूणः पूतदक्षा : ।
वेदिर्बर्हिः समिधः शोशुचाना
आप द्वेषांस्यमुया भवन्तु ॥"

2. " अयं यो विश्वात्यु हरितान कृणो
त्युच्छो च य न्नग्निरिवाभिदुन्वन्।
अधा हि तक्मन्नरसो हि भूया
अधा न्यञ्ङ धरोङ्ङ वा परेहि ॥"

3. ''यः पुरूषः पौरूषेयो ऽ वध्वंस इवारूणः ।
तक्मानं विश्वधावीर्याधिराञ्चं परासुवा ॥''

4. ''अधरांचं प्र हिणोमि नमः कृत्वा तक्मने ।
शकम्भरस्य मुष्टिहा पुनरेतु महावृषान ॥''

5. ''यतत्वं शीतोथो रूरः सह कासावेषयः ।
भिमास्ते तक्मन हे तयस्ताभिः स्म परि वृङग्धिनः ॥ ''

(तक्मन = ज्वर) - अ.वे. 5.5.22.

गर्भधारण - मंत्र

1. ''गर्भं धेहि सिनीवालि गर्भं धेहि सरस्वति ।
गर्भं ते अश्विनोभा धत्तां पुष्करस्रजा ॥ ''

2. ''गर्भं ते मित्रावरूणो गर्भं दोवो बृहस्पतिः ।
गर्भ्रम ते इन्द्रः च अग्निः चगर्भम् धाता दधातु ते ॥''

3. ''सवितः श्रेष्ठेन रूपेणास्या नार्या गवीन्योः ।
पुमांसं पुत्रमा धेहि दशमें मासि सुतवे ॥''

अ. वे. 5.5.25.

सुख प्रसूति - मंत्र

1. ''वषट ते पूषन्नस्मि न्त्सूतावर्यमा होता कृणोतु वेधा : ।
सिस्त्रतां नार्यृतप्रजाता वि पर्वाणि जिहतां सतवा उ ॥''

2. ''चतस्त्रो दिवः प्रदिशशचतस्त्रो भुम्या उत ।
देवा गर्भं समैरयन् तं व्यूर्णुवन्तु सूतवे ॥''

3. ''सूषा व्यूर्णोतु वि योनिं हापयामसि ।
श्रथया सूषणे त्वगव त्वं बिष्कले सृज ॥''

अ.वे. 1-2-11

रक्तस्त्राव व्याधि निरोध - मंत्र

1. ''तिषंवरे तिष्ठ परे उत त्वं तिष्ठ मध्यमे ।
कनिष्ठिका य तिष्ठति तिष्ठादिद्धमनि र्महि । ''

2. ''षतंते धमनीनां सहस्त्रस्थ हिरणाम ।
अस्थुरिन्नाध्यमा इमाः साकमन्ता अरंसत ॥''

3. ''परि वः सिकतावती धनु धुनर्बृहत्पऽक्रगीत ।
तिष्ठ ते लयता सु कम् ॥ ''

अ.वे. 1-4-17

आयुर्वृद्धि

तेजोबल दीर्घायु - मंत्र :

1. *"यदाबध्नन दाक्षायणा हिरण्यं*
रातानीकाय सुमनस्यमाना : ।
तंत् ते बध्नाम्यायुषे वर्चसे
बलाय दीर्घायुत्वाय शतशारदाय ।।"

2. *"अपां तेजो ज्योतिरोजो बलं च*
वनंस्पतीनामुत वीर्याऽणि ।
इन्द्र इवेन्द्रियाण्यधि धारयामो
अस्मिन तद दक्षमाणो बिभरद्धिरण्यम ।।"

3. *"समानां मासामृतुभिष्ड्वा वयं*
संवत्सरस्य पयसा पिपर्मि ।
इन्दाग्नी विश्वदेवास्तेनु
मन्यन्ता महृणीयमनाः ।।"

अ.वे. 1-6-35

आरोग्य शास्त्रम

ब्रह्मचार्य माहात्मयं - मंत्र

1. *ब्रह्मचारी ब्रह्म भ्राचद्विभर्ति तस्मिन्देवा अधिविश्वे समेताः ।*
प्राणीपानौ जनयन्नाद व्यांन वाच मनो हृदयं ब्रह्ममेधाम ।। "

प्रातः काल प्रणयमम

50. *"यदद्य सुर उदितै ऽनागा मित्रो अर्यगा ।*
सुवातिसविताभगः ।।"

- सा. वे. 1351

వైద్య

"అపోదేవీరూప సృజ మధుమతీరయక్ష్మాయ ప్రజాభ్యః
తా సామాస్థానాదు జ్జిహతామోషధయః సుపిప్పలాః"

- య. వే : 11-38

స్వస్థజీవనము : ఆరోగ్య శాస్త్రము

"సీద హోతః స్వనాఉలోకే చికిత్వాన్స్యాదయా యజ్ఞంసుకృతస్యయోనౌ ।
దేవా వీర్దేవాన్ హవిషా యజా స్యగ్నే బృహద్యజమానే వయోధాః ।।"

– య. వే : 11–35

ఆరోగ్య శాస్త్రము

"తనూపా భిషజా సుతేఽశ్వినో భా సరస్వతీ।
మధ్యా రజాం జ సీ న్ద్రియమిన్ద్రాయ పథి భిర్వహాన్ ॥"

– య. వే – 20–56

ఆరోగ్య శాస్త్రము

"పాతం న్యో అశ్వినా దివా సాహినక్తం సరస్వతీ।
దైవ్యా హోతారా భిషజా పాతమిన్ద్ర సచా సుతే ॥"

– య. వే – 20–56

గోమతీ విద్య

"గోభిర్న సమమశ్వినా మాసరేణ పరిస్రుతా।
సమాధాత సరస్వత్యా స్వాహేంద్రే సుతం మధు॥"

– య.వే. 20 –66

रथ (शरीर)

51. *" शतं वोअंबु धामानि सहस्रगुत वीरुहः ।*
अथा शतक्रत्वे युतुमिमं मे अगदंकृत ॥"

– य. वे : 12-76

आरोग्य शास्त्रम

व्यायाम - ब्रह्मचर्य

52. *"देवैर्दतेन मणिना जङ्गिडेन मयोभुवा ।*
विष्कन्धं सर्वा रक्षांसि व्यायामे सहामहे ॥"

– अ.वे. 2.4.4.

मानासिकायुर्वेदम

53. *"मधुमन्मे निक्रगणं मधुमन्नो परायणम ।*
बाचा वदामि मधुग्रद भुयासं भधु सद्दशः ॥ "

– अ. वे 1.34.3

ओरोग्य शास्त्रम

स्वस्थ जीवनम

. ''*जुषस्व सप्रथस्तमं वचो देवप्सरस्तमम ।*
हव्या जुहवान आसनि ॥ ''

- ऋ.वे. 1.75.1

ायुवृ

. ''*ओरा हतायुर्तरसं वृणानां अनुपूर्वयतमाना यतिष्ठ: ।*
इह त्वष्टा सुज निमा मजोषा दीर्घ मायु: ॥ ''

- ऋ. वे. 10.17.6.

ल

ल चिकित्सा

. '' *आप: पृणीत भेषजं वरूथं तन्वे मम*''

- ऋ. वे. 1.23.21.

ంక్రము , వీర్యము

''రేతో మూత్రం విజహాతి యోనిం ప్రవిశదిన్ద్రియకు ।
గర్భోజరాయుణావృత ఉల్యం జుహాతి జన్మనా ।
ఋతేన సత్యమిన్ద్రియం విపాన జ శుక్రమన్ధసః
ఇన్ద్రిస్యే న్ద్రియ మిదం పయోనమృతం మధు ।।''

- య. వే. 19-76

బ్రహ్మానంద ప్రాప్తి

''సోమమధ్ఫో వ్యపిబచ్ఛన్దసా హవంగ్సః శుచిషత్ ।
ఋతేన సత్య మిన్ద్రియం విపానగ్ం జ శుక్రమన్ధసన ఇన్ద్రస్యేన్ద్రియ మిదం పయోన మృతం మధు ।।''

- య. వే. 19-74.

మానసికాయుర్వేదము

''కామస్తదగ్రే సమవర్తత మనసోరేతః.................''

అధర్వణ వేదము - 19-52-1

"A peaceful mind generates power"
The mind has to be enriched with noble
Pious thought to ensure a rich and strong body."

ప్రాణవిద్య

''అయం మే హస్తో భగవానయంమే భగవత్తరః ।

అయంమే విశ్వాభేషజ్యోయం శివా భామర్శ నః ॥''

– అథర్వణ వేదము – 4 – 1 3 – 6

"Felicitous in this my hand.
yet more felicitious in this.
This hand contains all healing balms and
This makes whole with gentle touch".

गोमती विद्या

''महि ज्योतिर्निहि तं वक्षणस्वामा पक्वं चरति बिभुती गौः ।
विश्वं स्वाद्म सम्भृतमुस्त्रियामां यत्सीमिन्द्रो अदाधाद्भोजनाय ॥''

– ऋग्वेद - 3-3--14

"What effulgence - milk is stored in the udders of a cow!
No food in herself, the cow even as she moves about
bears within her ripe milk
All sweetness is collected in the cow, for
God Himself has placed it in her for the happy
sustances of all ".

''आ गावो अग्मन्नुत भद्रमक्रन् त्सोदन्तु गोष्ठे रणयत्वास्में ।
प्रजावतीः पुरूपा इहस्तु रिद्रांय पुर्वीरूषसो ॥''

– ऋग्वेद - 6-28-1

''प्रजावती : सुयवसं रिशन्तीः शुद्धा अपः सुप्रपाणे पिबन्तीः ।
मा वः स्तेन ईशत माधशंसः परि वो हेती रूद्रस्य वृज्याः ॥''

– ऋग्वेद - 6-28-7
अथर्व वेद - 4-5-22-7.

"May you have many calimes, graze on pastures
and drink pure watacr at drinking pleces;
may not the darts of the firece Lord leave you avide."

''हे गाओ ! सुन्दर धासवाली भूमि में चरती हुई स्वच्छ जलका पान करो ।
हिंसक व्याघ्र तुम्हें न पा सके और चोर भी न चुरा सके,
ज्वर के अभिमानी देवता रूहका शस्त्र तुम पर न पडे । ''

'' ఓ గోవులారా ! సంతానవత్తులై
సశ్యశ్యామలమైన దేశంలో పచ్చిక మేస్తూ
పరిశుద్ధమైన నీటిని హాయిగా దిగగల తటాకాదులలో
త్రావుతూ ఉన్నమిమ్ము, తస్కరుడు అపహరింప సమర్థుడు

వ్యాఘ్రాది దుష్టమృగములు కూడా మిమ్మపహరింప సమర్థము కాకుండు గాక!
రుద్రుని ఖడ్గం మిమ్ములను పరిత్యజం చుగాక! ''

गोमती विद्या
''औदमुपपर्चन मासु गोष्प पृच्यताम्।
उप ऋषभस्यरेत उपेन्दा तव वीर्ये ॥''

- ऋग्वेद - 6-28-8.

गोमतीविद्या
''सुयगावो मेदयथा कृशंचि दश्रीरंचित कृणुथा सुप्रतीकम।
भद्रं गृहं कृणुथ भद्रवाचो बृहद्वो वय उच्यते सभासु ॥''

- ऋग्वेद - 6-28-6.

Ye comes ! you fallen the maciated
and you make the unlovely look beautiful
make our house happy, you with pleasant lowings,
your power in glorified in our assemblies"

'' हे गोवो। तुम अपने दग्ददि रससे
निर्बल प्राणों को पुष्ट करों।
असुंदर आंगवाले पुरूषको सुंदर बनाओं।
तम्हारा दुग्धादि परम प्रशंसित हैं।''

''ఓ గోవులారా!
మీరు కృశించిన వానికి పయోదధ్యాదులతో పుష్టికల్పించండి.
అంగ సౌష్ఠవం లేని వాడైనా పురుషుని శోభనాంగుని చేయండి.
ఓ భద్రవాక్కులైన గోవులారా!
మాయింటిని కళ్యాణవంతం చేయండి.
మాకు సంబంధించిన అన్ని సభలలో గొప్పగా ప్రశంసార్హమౌతుంది. ''

गोमती विद्या

''मयो भूर्वातो आभि वातुस्रा ऊर्जस्वतीरोष धीरारिशन्ताम्।
पीवरवती र्जीव धन्या : पिवन्त्ववसाय पद्वातेरूद्रमृल ॥''

- ऋग्वेद - 10-174-1

गोमती विधा
''संसिञ्चामि गवां क्षीरं

समाज्योन बलं रसम् ।
संसिक्त अस्माकं वीरा
धृवा गावो मयि गोपतौ ''

- अथर्व वेद - 2-4-26-4

गोमती विद्या

''दिशो धेन वस्तासां चन्द्रो वत्सः ।
ता मे चन्द्रेण वत्सेनेष मर्ज कामं दुहामु ।
आयुः प्रथमं प्रजा पोषं रइं स्वाहा ॥''

- अथर्व वेद - 4-8-39-8

''దిక్కులు ధేనువు
చంద్రుడైన వత్సముతో కలిసి
ఈ అన్నాన్ని ఋవర్ధకమైన రసంతో నింపి
కామ్యమానమైన సర్వఫలమును నాకు ఇచ్చుగాక।
అలాగే పుత్ర పశ్వాదులను సమృద్ధముగా ఇచ్చుగాక।
అపరిమితమైన ఆయువును పాలవలె పిండుగాక।
పుత్రాది రూపమైన సంతానాన్ని పుష్టికరంగా చేసి
గోధనాదులను మాకు ఇచ్చుగాక।
ఈ హలిస్సు స్వాహుతమగుగాక।

गोमती विद्या

49. *''सुयवसाद अगवती हि भूया अभावयं भगवनतः स्याम ।*
अद्धि त्रुणमध्ये विश्वादानीं पिबशुद्धमुटमुटकगाचरन्ती ॥''

- अ. वे. 9-10-12

గోమతీ విద్య

''గోభిర్న సోమమశ్వినా మాసరేణ పిరిస్రుతా ।
సమధాత జ సరస్వత్యా స్వాహేన్ద్రే సుతం మధు ॥''

- య. వే. 20-66

Ancient Indian Wisdom Gomati Vidya - Ancient Indian Wealth

Prattipati Ramaiah

गोमती विद्य - प्राचीन भारतीय संपदा

पाठ्को हेतु सहायतार्थ ''प्राचीन भारतीय संपदा''

संदर्भ अवलोकनार्थ

1. ''दुह्यते इति धेनुः ''

2. ''हविः ह्यत इति हविः''

3. ''अश्वगंधा पलशंत शुभदेश समुद्भवम्
पुण्यो हनि समाहृत्य साधयेत् क्षुण्ण कुट्टितम्
द्रोणो ऽ भसि पचेत्तावधावत्पादावशेषितम्
सर्पिः प्रस्थं पचेत्तेन गव्यक्षींर चतुर्गुणम्
कषायं छागमांसास्य दधाच्छत द्वयस्यच
कल्कानि श्लक्ष्णपिष्टानि तदामूनि प्रदापयेत
काकोल काकोली युगभृग्वीद्वे द्वेमे द्वेचाथ जीरकं
स्वयंगुप्तमृष भममेलां मधुकमेवच
मृद्वीकां चशूर्पपर्णी च जीवन्ती च पलां बलां
नारायणीं विदारीं च दत्वा सम्यग्विपाचयेत्
सितामाक्षिकयो शशीते गृहरीया त्कुड वौभिषक्
लीढवा पाणितलं भुंज्यात्परिहरविवर्जितम्
क्षीणेन्द्रिया क्षीणशुक्राः वृद्धा बाला स्तथा बला :
हीनमांसाश्च येके चित्प्रा श्येदं मात्रया धृतम्
ओजस्वास्थयंच तेजश्च प्रसादमिन्द्रियस्यच
लभते सुर्य संकाशो भ्राजते विगतज्वरः
वृद्धो वृषायते स्त्रीषु नित्यं षोडशवर्षवत्
नारीणांच शतं गच्छेन्नच शुक्र क्षयो भवेत्
वन्ध्याच लभते पुत्रं बुद्दि मेधासमन्वितम्
मास मात्र प्रयोगेण वलीपलित नाशनम्
कालित्यं तमिरं व्याधीन् वातिकान् कफपित्तजान्
पंचकासान् क्षयं श्वासं हिक्कांच विषमज्वरं
हन्ति सर्वान् गदान् शीध्र मश्विम्यां निर्मितं पुरा''

- भैषज्यरत्नाकरम
- अश्विनी कुमार, निर्मित ओषधि

- बृहद्अश्वगंध धृतम्

4. ''धृत माज्यं हविः सर्पि : पवित्रं नवनीतजम्
अमृतं चाभिधारश्च होम्यमायुन्च तैजसम् ॥''

- राचाविधण्टुः

5. ''सहचरे द्वे त्रिफलां गुडूचीं सपुनर्नवम्
शुकनासां हरिद्रे द्वे रोस्नां मेदांशतावरीम्
कल्की कृत्य धृत प्रस्थं पचेत्क्षं रचतुर्गुणम्
तत्सिद्दं प्रपिबेन्नारी योनिशुल प्रपीडिता
पिंडिता चलिताया च निस्पृता विदृतम्य या
पिंडयोनिस्तु विस्रस्ता षंडयोनिश्च या स्मृता
प्रपधंतेतुतास्थानं गर्भ गृहणंति चास कृत्
येतत्पल धृतं नाम योनि दोष हरं परम् ॥''

- धृततरंगम्
- लघुफलधृतम्

6. ''सिद्धार्थकं वचा ब्रह्मी शंखपुष्पी पुनर्नवा
पयस्यात्रिफला कुष्टं तथा कहुकरोहिणी
शारिबा द्वय यष्टया ह्वचोरकं सुमनोलत
वृषापुष्पं समंजिष्ठा देवदारूर्म हौषधम्
पिप्पल्यौ भृंगराजं च निशाशयामा सुवर्चला
दशमूलमपामार्गमश्वगंधा शतावरी
जलद्रोणे पचेदेत द्रभागैद्रिपल कैरिमान्
तत्कषायं परिस्राव्य धृतस्यार्घाढके पचेत्
साचितं तच्छुतं युतवा गायत्र्या चाभिमंत्रितम्
द्विमासगर्भिणी नारी षणासादुपयोजयेत्
सर्वज्ञं जनये त्पुत्रं सर्वामय विवर्जितम्
अस्य प्रभावत कुक्षिस्थ स्स्फुट वाग्व्या हरत्यपि
योनिदुष्टाश्च या नार्यो रेतोदुष्टाश्च यो नराः
वंध्यापि लभते गर्भ शूरं पंडितमानिनम् '3

- भैषज्यत्नाकरम्

- बृहत्सिद्धार्थकादिधृतम्

7. "वचेंदुलेखामंड्की शंखपुष्पीशतावरी
ब्रह्मसोमामृता ब्राह्मीः कल्की कृत्य पलांशिकाः
अष्टंग विपचे त्सर्पिः प्रस्थं क्षीरं चतुर्गुणम्
तत्पीतं धन्यमायुष्यं वाङ्मेधा स्मृति बुद्धि कृत् ॥"

- धृततरंगम्
- अष्टांग धृतम्

8. "समूलपत्रामादाय ब्रह्मीं प्रक्षाल्य वारिणा
उल्खले क्षोदइत्वा रसं वस्त्रेण गालयेत्
रसेचतुर्गुणे तस्मिन् घृत प्रस्थं विपाचयेत
औषधानि तु पेष्यानि तानीमानि प्रदापयेत्
हरिद्रामालतीकुष्ठं त्रिवृता सहरीतकी
एतेषां पलिकान्भागान शेषानि कार्षिकानिच
पिप्पल्योथ विडंगानि सैधवं शर्कश वचा
सर्वमेतत्समालोड्य शनै मृद्वग्निना पचेत
एत त्प्राशित मात्रेण वाविशुद्धिः प्रजायते
सप्तरात्र प्रयोगेण किन्नरै स्सहगीयते
अर्धमासप्रयोगेण सोमराजीव पुर्भवेत्
मासमात्र प्रयोगेण शृतमात्रंतु धारयेत्
हंत्यष्टादशकुष्ठानि चार्शासि विविधानिच
पंचगुल्मान प्रमेहांश्य कासं पंचविधं तथा
वंध्यानामदि नारीणां नाराणां मल्परेतसां
धृतं सारस्वतं नाम बलवर्णाग्नि वर्धनं ॥"

- भैषज्यरत्ना करम्
- सारस्वत धृतम्

9. "बदरीपत्रं कल्कं वा धृतं भृष्टं ससैंधवं
स्वरोप घाते कानेय लेहमेनं प्रयोजयेत् ॥"

- वैद्यचिंतामणौ

10. "धर्मव्यायाम शोका ध्वव्यवाचैरति सेवितैः ।
तीक्ष्णोष्णक्षारलवणैणम्लैः कटुभिरेवच ।
पित्तंविदग्धं स्वगुणो र्विदहन्याशुशोणितं ।
ततः प्रवर्तते रक्तम्ध्र्वचाधो द्वधापिवाा ।
ऊर्ध्वं नासाक्षिकर्णा स्थै भैद्रयोनिगुदैरथः ।
कुपितं रोमकुपन्च समस्तै स्तत्प्रवर्तते ॥"

- वैधचिंतामणौं

11. आत्युणणागुर्वन्नकषायतिक्त श्रमाभिधाताध्यशनप्रसङ्गैः
सञ्चिन्तनै वैगविधारणैश्च हृदामयः पञ्चविधः प्रधिष्टः

- माध्रवनिदाने

12. "पार्धस्य कल्केनरसेन सिद्धं शस्तं धृतं सर्वहृदामयेषु ॥"

- भावप्रकाशः

13. "सम्लफल पत्राया निर्गुंड्या स्वर सै र्धृतम
सिद्धं पीत्त्वाा क्षयक्षीणो निर्व्याधिर्भाति देववत् ॥"

- धृततरंगम्
- निर्गुंडी धृतम

14. "वासागुड्चीत्रिफलापठोल करांजनिंबासन कृष्णवेत्रं
तत्तवाथकल्केन धृतंविपक्कंत द्वज्रकुष्ठ हरं प्रदिष्टम्
विशीर्णकर्णागुंलि हस्तपादः क्रिम्यर्दि तौभिन्नगलोऽपिमर्त्य :
पौराणिकीं कांतिमहप्य जीवेदव्याहतो वर्षशतंच कुष्ठी ॥"

- भैषज्यरत्नाकरम
- वज्रकधृतम

15. "नवनीतं नवंधौतं सुपक्कं मृयुनाग्निना
पल्लवैः कासमर्दस्यतांबूली शतपुव्ययोः
गौधुमबीजैरधवा प्रत्युप्तंजायते धृतम् ॥"

- परहितसंहित

16. ''त्रिफलाचित्रकबला निगुंडीनिंबवासकाः
पुनर्नवा गुडूची चबृहती य शतावरी
एतैर्धुतं यथालाभं सर्वरोगवमर्दनम् ।।''

- धृततरंगम्
- सर्वरोगविमर्दन धृतम्

17. ''शस्तं धीस्मृतिमेंधागिनबिलायुश्शुक्र चक्षुषाम् ।
बालवृद्धप्रजाकांतिसौकुमार्यस्वशर्थिनाम् ।।
क्षतक्षीणपरीसर्पशस्त्राग्निलपितात्मनांम् ।
वातपित्तविषोन्मादशोषालक्ष्मी ज्वरापहम् ।।
स्नेहनामुत्तमं शींतवयसः स्थापनंधृतम् ।
सहस्रवीर्यं विधिभिः शृतं कर्मसहस्रकृत् ।। ''

- परहित संहिता

18. ''धृतमाज्यं हविः सर्पिः कध्यन्ते तदगुणा अध ।
धृतं रसायनं स्वादु चक्षुष्यं वहनी दीपनम् ।
शीतवीर्यं विषालद्मी पापपितानिलापहम् ।
अल्पाभिष्यन्दि कान्त्योजस्तेजोलांवण्य बुद्धिकृत् ।।
स्वरस्मृतिकरं मे ध्यमायुष्यं बलकृदगुरू ।
उदार्क्त ज्वरो न्मोद शुलानाहव्रणान हरेत् ।
स्निग्धं कफकरं रक्ताः क्षयवीसर्परक्त नुत ।। ''

- भावंप्रकाशः

19. ''घी कान्ति स्मृतिदायकं बलकरं मेधाप्रदं पुष्टिकृत् ।
वातश्लेष्महरं श्रमोपशमनं पित्तापहं हृद्यम् ।।
वहनो वृद्धिकरं विपाकमधुरं वृष्यं वपुः स्थैय्यदं ।
गव्यं हव्यतमं धृत वहुगुण भोग्यं भवे द्भाग्यतः ।।

- राजनिघण्टुः

20. ''षष्ठवषा प्रभृतिषु जीर्णमित्यभिधीयते ।।
दशावषस्यितं सर्पिः लाक्षाररससमं हिमम् ।

मेध्यं विरेचनेष्व ग्र्यं काम्भं वर्षशतं भुवि ॥
केवलं सद्दशं धौतात ग्रहघ्नं सर्वदोषजित् ॥ ''
- परहित संहित

21. ''मदापस्मारमूर्च्छादिशिरः कर्णाक्षियोनिजान् ।
पुराणंजयति व्याधीन् व्रणशोधनिरोपणम् ॥''
- परहित संहित

22. ''केवलं सिद्धमेभिर्वायूराणं पाययेद्धृतम् ।
पायभित्वोत्तमां मात्रां श्वभ्रेरन्धया हेऽपिवा ॥
विशेषतः पुराणं चधृतं तं पायये द्भिषक् ।
त्रिदोषघ्नं पवित्रत्वाद्विशेषादज्ञग्रह मौक्षणम् ॥
गुणकर्माधि कं स्थानादा स्वारात्कटुतिक्तकम् ।
उग्रगन्धं पुराणं स्याद्धशवर्षस्थित धृतम् ॥
लाक्षारसनिभं शींतं तद्धि सर्वग्रहापहम् ।
मेधयंविरेचने ष्व्म्रयं प्रपूराणामतः पेरम् ॥
नाथा घ्रातंतद्धि सर्वग्रहपहम् ॥
अपस्मार ग्रहोन्मद वतांशस्तं विशेषतः ।
एतैरौषध वर्गेर्वाविधेयत्वं सगच्छति ॥ ''
चरक संहित - नवमाध्यांय

23. ''पुराणं सर्पिषः प्रस्थो द्राक्षार्थ प्रस्थसाधितः ।
कामलागुल्मपांड्वर्ति ज्वर मेहोदरमहः ॥ ''
- चक्रदत - 8 अधिकार

24. ''तद्वच्छ धृतमण्डोऽपिरूक्षसूक्ष्म स्तनुरस्सरः ॥''
- परहित संहित

25. ''अत्र गव्वंतु जीवनीयं रसायनं ।
क्षत क्षीण हितं मेध्यं ब्लयं स्तन्यकरं सरं ॥
श्रम भ्रम मदा लक्ष्मी श्वास कासाति तृद् क्षु[illegible]।
जीर्ण ज्वरं मूत्र कृज्छ्रं रक्तपित्तं च नाशयेत ॥

- अष्टंगसंग्रहः (-सूत्रस्थान - 6 अध्याय)

26. ''गव्यं दुग्धंविरोषेण मधुरं रसपाक थोः ।
दोष धातुमलस्तोत्रः किञ्चित्क्लेदकरं गरू ॥
शीतलं स्तय कृत्स्निग्धं वात पित्तस्त्रनाशनम् ॥
जरा समस्त रोगालां शान्तिकृत सेविनां सदा ॥''
- भावप्रकाशः

27. ''गव्व्यं क्षीरं पथ्मत्यन्तरूच्यं स्वादुस्निग्धं पित्तवातमयघ्नम् ।
कान्ति प्रज्ञा बुद्धिमेधाङ्ग पुष्टिं धते स्पष्टं वीर्य वृद्दि विधत्ते ॥''
- राचकिघण्टुः

28. ''धारोष्णममृतं गव्यं धाराशीत त्रिदोषलम् ।
शृतशींत तु पित्तध्नं शुतोष्णं कफवातजित् ॥''
- परहित संहित

29. ''बालानां बालवत्सानां शुक्लानं वता हत्पयः ।
मध्यानां मध्यवत्सानां कृष्णानां पित्तनाशनम् ।
वृद्धानां वृद्दवत्सानां शोणानां श्लेष्मजिद्गवाम् ॥''
- परहित संहित

30. ''जीर्ण ज्वरे कफे क्षीणे क्षीरं स्यादमृतोपमम् ।
तरूणो तरूणे पीतं विषवद्दन्ति मानुषम ॥''
- राजनिघण्टुः

31. ''गव्यं दधिविशेषेण स्वदुम्लं च रूचिप्रदम् ।
पवित्रं दीपनं हृद्यं पुष्टि कृत्पवनापहम् ॥
उक्तं दुध्नामशेषाणां मध्येगव्यं गुणोधिकम् ॥''
- भावप्रकाशः

32. ''यत्कु दध्युपरिस्निग्धं तन्मंडमभि धीयते ॥''

- धन्वंतरि

33. ''दधि गव्यमतिपवित्रं शीतं स्निग्धञ्च दीपनं बलकृत् ।
मधुरमरोचकहारि ग्रहिचवातमयघ्नञ्च ।। ''
- राजनिघण्टु

34. ''दधि मधुर मीषदम्लं मधुराम्लं वाहितं न चात्युष्णम् ।
यावद्यावन्मधुरं दोषहरं ताबदुक्तमिदम् ।। ''
- राजनिघण्टु

35. ''दध्नस्तूपरि यत्तोयं तन्मस्तु परि कीर्तितं ।। ''
- धन्वंतरि

36. ''निर्जलं मथितं गोलं पादांशजलमिश्रितम ।
उदश्वित अर्थ सलिलं तक्रं त्र्यंश जला न्वितम् ।
क्रमेण लाधवं तत्सयात रूक्षं तक्रं त्रिदोषजित् ।। ''
- परहित संहित

37. ''यत्तुदध्युपरिस्निगधं तन्मंडमभिधीयते ।।''
- धन्वंतरि

38. ''मथितं गोरसो धोलं द्रवमम्लं विलोहितं ।
श्वेतं दंडाहतंरांद्रं कालसेयमुदस्वित ।।''
- धन्वंतरि

39. '' न तक्रसेवीव्यथते कदाचिन्न तक्रदग्धा प्रभवन्तिरोगाः ।
यथा सुराणाममृतं सुखाय तथा नराणां भुवि तक्रमाहु ।। ''
- भावप्रकाशः

40. ''दध्यम्लं गुरू वात दोषशमनं संग्राहि मूत्रावहम् ।
बल्यं शोफकरञ्च रूच्य शमनं वह्नेश्च शान्तिप्रेदम् ।
रक्तो द्रेककरं करोति सततं शुक्रस्य वृद्धपराम ।।''

- राजनिघण्टुः

41. ''नवनीतं नवं वृष्यं शीतं वर्णबलाग्नि कृत ॥''

- परहित संहित

42. ''नवनीतं हितं गव्यं वृष्यं वर्णबलाग्नि कृत ॥
संग्राहि वातपित्तासूक्क्षयाशोंऽदिंतककासंहत ॥
तद्दितं बालके वृद्धे विशेषादमृतं शिषोः ॥

- राजनिघण्टु

43. ''शीतं वर्णबला वहंसुमधुरं वृष्यं चसंग्रहकं ।
वातघ्नं फहारकं रूचिकरं सर्वाङ्गशुलापहम ।
कासघ्नं श्रमनाशनं सुखकरं कान्तिप्रदं पुष्टि दं ।
चाक्षुण्यं नवनीत मुद्धितनवं गोः सर्वदोषहम् ॥''

- राजनिघण्टु

44. ''गोमूत्रं गोजल गोऽम्भों गोनिष्यन्दश्च गोद्रवः ॥

- राजनिघण्टु

45. ''शुलगुल्मोदरानाह वातविच्छर्दनादिषु ।
मूत्रप्रयोग साध्योषु गोमूत्रं कल्पयेद्बुधः ॥''

- राजनिघण्टु

46. ''गोमुत्रं कटुतीक्ष्णोष्णं क्षारं तित्तकषायकम् ।
लध्वग्नि दीपनं मेध्यं पित्तकृत्कफवात हम् ॥
शूलगुल्मो दरानाह कण्ड् वक्षि मुखरोग जित् ॥
किलासगदवातामवस्तिरूक्के ष्ठनाशनम् ॥
कासश्वासापहं शोथकामलापाण्डुरोगंडत् ॥
कण्डूकिलासगदशूल मुरवाक्षिरोगा न्गुलमातिसांर मरूदामयमूत्र रोधान् ॥
कसं सकुष्ठ जठरकृमि पोण्डुरोगान्गोमूत्र मेकमपि पीतमपाकरोति ॥
र्स्वेष्वपि च मत्रेषु गोमूत्रं गुणतोऽधिकम् ॥
अतोऽविशेषात्कथने मूत्रं गोमूत्र मुच्येत ॥

प्लीहोदर श्वासकासशोथे वर्चोग्रहपहम् ॥

- भावप्रकाशः

47. ''गोमयं गोपुरीषं स्याद् गोविष्ठा गोमलञ्च तत् ॥''

- राजनिघण्टु

48. ''अर्धोदकं क्षीर शिष्टं आमाल्लघुतरं स्मृतम ।
निर्जलं च शृतं द्वित्रिचतुरष्टांशशोषितम् ।
यथा शृततरं सारं गुरू बल्य तमं पयः ॥''

- परहित संहित

49. ''स्निग्धं संतानिकं बल्यं रक्तपित्तप्रशांतिकृत् ।
स्वादुपाकेन रूच्यंच विज्ञेयं तर्पणं गुरू ॥ ''

- धन्वंतरि

50. ''यन्नाल कुंददलकेसखद्विपक्कं ।
नीलोत्पलस्य तरपिप्रधितं द्वितीयम् ।
सर्पिश्चु तुष्कुवलयं सहिरण्यपत्रं ।
मेद्यं गवाम पिभवेत्कमु मानुषाणाम् ॥''

- भैषज्यरत्नाकर

- चतुष्कुवलय धृतम्

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Cows' milk to aid AIDS patients

A medicine derived from cow's milk is being developed to help AIDS patients fight the parasite that killed 100 people when it infected Milwaukee's water supply last year.

Cryptogam comes from the milk of cows that have been infected with cryptosporidium the parasite blamed for 400,000 cases of diarrhoea in Milwaukee, said Mr Michael Bigham, chief financial officer of Immucell of Portland, Maine.

Cryptogam is among 79 medicines for infectious diseases under testing by 49 drug companies, the pharmaceutical manufacturers of America said. In an effort to counter criticism that the pharmaceutical industry is ignoring infectious disease, the trade group surveyed its members to see what research was under way. The survey was made public yesterday.

Mr Bigham said his company is developing cryptogam from antibodies found in cow's milk when the animals are exposed to the parasite.

People with normal immune systems can fight the parasite even though it makes them very ill, but cryptosporidium is frequently fatal in people with AIDS, Mr Bigham said.

Nearly all of the 100 deaths during the Milwaukee outbreak were AIDS patients, Mr Bigham said.

Cow Saliva - cures early baldness

Hair follicle stimulator

Other animals seem to secrete such factors too. One remarkable story is that of the farmer and the cow in the American Midwest. During the milking sessions, the farmer would be carrying on a conversation with the cow - and the cow would respond by gently and affectionately licking the bald pate of the farmer, whose head was as patchy as the Fateh Maidan of Hyderabad!

This talking and licking session went on for a while and the farmer observed something wondrous. He found that as this went on, he started growing hair on his scalp! Convinced that this had something to do with the licking, the farmer let his theory pass around.

A scientist who heard this incredible tale went ahead to investigate the contents of the salive of the cow, to find that it contained something similar to what biochemists call as the hair follicle stimulating factor. The farmer found his hirsute happiness while the scientist made his packet by selling the idea to the drug company. Upjohn. The result is a product in the market that is named minoxidil, which sells for a rather steep price - as is to be expected.

Alas, there is a catch to this otherwise beautiful tale; the drugs work only in early baldness. If you are already as bald as a ball, it is no good. Also, in order that hair grows, you should apply the lotion on your balding head; but in order that it stays there, you have to keep on applying it forever. Discontinue application and the hair gradually falls off. Ah, the price of vanity!

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"Homa-therapy" to purify air

A healing touch to the polluted atmosphere can be given through "homa therapy" by performing 'agnihotra' as it is based on the bio-rhythm corresponding to sunrise and sunset establishing one healing cycle, according to Prof. S.C. Mulay of the association for the preservation of environment, Nasik Maharashtra.

Prof. Mulay, who gave a performance of agnihotra at the four-day World Congress of Medicine Alternative which concluded here recently said the atmosphere between the earth and solar range becomes more pliable and more easily shaped by performance of homa. "It has to be shaped as it is out of shape due to pollution", he said.

Prof. Mulay, who has been practising and teaching homa therapy to several people from different walks of life in the country and abroad for the last 23 years, further pointed out that homa therapy practised by ancients all over the planet, came to be lost. But now this knowledge is being revived.

Homa is a Sanskrit word also called 'yajnya', which is the technical term from the Vedic science of bioenergy denoting the process of removing toxic conditions of the atmosphere thorugh the agency of fire.

Prof. Mulay said 'Agnihotra' is the basic homa for all homa fire practices and is effective in psychotherapy, medicine, agriculture and also interplanetary communication.

Talking on the cleaning process of the atmosphere, he said agnihotra heals the atmosphere by injecting nutrients into it. "Agnihotra makes plant and bird life happy and helps maintain harmony in the oxygenrecycling system and improves absorption of sun's rays by water sources and thus controls unwanted growth of algae and bacteria', he claimed.

Referring to medicinal values of agnihotra atmosphere and ash, Prof. Mulay pointed out about the research work of Berthold and Monika Jeble of Germany on several medicines based on agnihotra ash. Clinical tests were successful for a wide range of illnesses and 'today these medicines are widely used in Chile and Poland', he added.

Counting on curds

The lactic acid-producing bacteria in curd not only create an environment detrimental to toxic bacteria but also produce beneficial enzymes and antibiotic chemicals.

Some of the best examples of healthy humans with long lifespans are from those areas of the world where soured milk of curds are consumed regularly... The Caucasus mountains in Russia, the Balkans, the Hunza settlements, and our very own country.

Intrigued by this observation, Russian biologist Elie Metchnikoff, a former researcher at the Pasteur institute in Paris, performed numerous experiments and found that the lactic acid-producing bacteria in curds checked the growth of toxic bacteria in the large intestine. He noted that the colon housed a natural "friendly" bacteria that was similar to the one in curds. He called this colonic bacteria lactobacillus acidophilus.

Over 80 per cent of Asian adults and 30 per cent Caucasians are unable to digest milk per se. But they can digest soured milk rendered more digestible by the lactic acid released during fermentation.

This digested form of milk helps absorption of all naturally accruing vitamins, proteins and minerals. Milk products treated with lactobacilli last much longer, improve appetite, help provide nutrition and treat diarrhoeas, dysentries, peptic ulcers and other diseases.

This lactic acid - producing bacteria is not entirely new to mankind. Sumerian tablets. 6.000 years old, show records of a product that was made from milk, but which could be stored much longer - cheese, a product of lactobacillus action.

In the 19th century, when French chemist Louis Pasteur discovered the mechanism of lactic fermentation in milk and alcohol, he realised that this was due to the presence of microorganisms in milk which increased considerably after fermentation. This microorganism, a gram-positive bacterium, was classified as genus lactobacillus and grouped in the family Lactobacillus action.

But Metchnikoff's studies provided the first proof of lactobacilli's ability to convert lactose into lactic acid. The resulting acidity created an environment in the bowel that was detrimental to pathogenic bacteria. Further studies supported this theory and also showed that the lactobacilli produced cleansing hydrogen peroxide, beneficial enzymes and antibiotic chemicals, all of which retarded the growth of harmful bacteria inside the body.

All that remained to be done now was to isolate this wonder bacteria and bottle it for universal use.

Metchnikoff produced the first preparation of living lacto bacteria called 'lactobacillus', which was given orally to those who were unable to digest milk. Experiments were also begun to determine the use of lactobacillus in treating cancer. In 1951, in Sofia, Bulgaria, Dr Ivan Bogdanov and co-workers isolated a

strain of lactobacillus (Lactobacillus Bulgaricus) at the Laboratory for Research and Production of Biologically active Substances. The strain was purified and labelled LB-51. This was preserved and made to evolve for years in a medium containing soyabean extract. In 1956 the researchers found that LB-51 produced a substance which had anticancer activity. Experiments done on mice revealed that Lb-51 also gave life-long immunity from such tumours.

In 1967 human trials of Lb-51 (now called anabol) began. In a series of experiments involving 45 cases of confirmed cancer, all showed improvement with anabol. Two cases of pancreatic cancer, usually fatal within 12 months, showed complete remissions.

Work on lactobacillus and its anti-cancer properties still continues. A recent research done at the sloan Kettering Institute for Cancer Research. USA demonstrated that one strain of lactobacillus acidophilus definitely had anti-tumour activity - the rate of growth of tumours was slowed down by up to 30 per cent in mice implanted with the Ehrlichascites tumour when lactobacillus acidophilus was given.

Other experiments involving rats that were fed on an excess of meat (which causes colonic cancer in humans) showed a marked lowering of three harmful enzymes - azoreductase, nitroreductase and glucuronidase - all of which are thought to hasten the production of cancer - causing chemicals in the colon. Experiments conducted on humans confirmed this finding.

Apart from treating cancer, the other benefits of the lactobacillus acidophilus bacteria are:

1) Checking diarrhoea, especially antibiotic-induced diarrhoea: (Besides harmful bacteria antibiotics also attack the friendly bacteria which are normal inhabitants of the bowels and this causes diarrhoea. However, administration of lactobacilli along with antibiotics counters this undesirable side effect. In India, some antibiotics combine lactobacillus beforehand.)

2) Controlling constipation:

3) Enhancing digestion:

4) Curing oral ulcers:

5) Neutralising lactose intolerance by breaking down indigestible milk sugars - lactase is produced in the fermentation process;

6) Cleansing out the system by binding with harmful toxins and helping them to be excreted from the body;

7) Controlling harmful bacteria by increasing the friendly bacteria in the colon;

8) Reducing gaseous distention of the abdomen and flatulence by breaking down sugars;

9) Controlling cholesterol by enhancing the absorption of fats in the diet and hastening the eviction of unwanted cholesterol before it gets absorbed;

10) Providing extra supplies of vitamins and other nutrients (Many B-complex vitamins like Thiamine, Riboflavin, Folic acid, pantothenic acid, Vitamin B-12 and other proteins are produced by lactobacillus acidophilus.); and

11) Checking fungal disorders like candidiasis of the mucous surfaces.

The full benefits of lactobacillus can be had at home itself by eating the bacteria in its natural form - curds. The commercial yogurt preparations that have flooded the market however are usually devoid of this friendly bacteria which gets destroyed by the vigorous food processing techniques they are subjected to. Even if one does manage to ingest lactobacillus is difficult to maintain it in the intestines due to the additives and preservatives that flood the commercial foods and the pesticide residues in natural foods. Therefore it is best to augment intestinal lactobacilli through natural means - by making curds at home and downing large quantities of it - along with whey, the watery stuff inside curds which is a rich source of lactobacilli and which most people throw away to get "richer" curds.

So go ahead and cultivate this friendly bacteria which can save you from a medley of diseases and guard your health for decades.

Rice, curds healthiest food

Rice and curds, the common man's diet in large parts of India, is the healthiest food, according to

scientists who basically confirm what grandmothers have been saying in India for ages.

A press release by the International Rice Research Institute says 'rice consumption is increasing in the US and Europe, both for health reasons and because it is used in convenience foods.'

In the US Capital, a national conference is being held to educate Americans better on the value of curds as a health food.

IRRI scientists say while health food advocates in western countries pay a premium for brown or unpolished rice, infact brown rice may be less nutritious than white (or polished) rice, because the body's digestion and absorption of it is lower.' However, it concedes that brown rice does have more B vitamins and 1 per cent more protein, though 'the difference in fibre and minerals is insignificant'.

Where rice is the staple food, the IRRI notes, rice is polished because its bran layers contain oils that turn rancid if the surface is scarred. Brown rice cannot be stored in large quantities for more than a few months. However, some mills in industrialised countries such as Japan now use rubber rollers that do not damage the surface.

IRRI gives the following facts about rice for the benefit of international agricultural scientists now gathered here for their annual meeting - More than 90 per cent of the world's rice is grown and consumed in Asia, where 60 per cent of the earth's people live. Rice accounts for 35 to 60 per cent of the calories consumed by 2.7 billion Asians.

In Latin America, farmers grow upland rice in dry soil, like wheat or maize. Rice is also grown in mangrove swamps in West Africa.

You are what you eat

Every one is talking about the worldwide boycott of British beef products and the mad cow's disease that has afflicted the bovine population of the British Isles. The problem seems distant. Can it possibly have any relevance to a country like ours, where the cows - and millions of people - are pure vegetarians and thus stand no risk of facing such a problem?

There is no room for complacency either here or in any other country. The singular lesson that the British crisis holds for everyone, as has been pointed out by more than one commentator, is that when you tinker too much with nature, nature takes its revenge.

This is exactly what has happened in Britain. When animals that are genetically herbivorous are turned into carnivorous - by adding sheep offal to cattle-feed-you are inviting some kind of disaster. Yet, despite early warnings by British scientists, most of whom were harassed and black-listed by the establishment, the British meat industry continued on its destructive road until literally all hell broke loose. Now it is desperately trying to underplay the extent of the problem and to justify its actions.

In many ways, this crisis has come as a blessing in disguise. It has stopped the millions of people who don't necessarily pause and consider the origins of the food they eat in their tracks. Those who have been working hard to popularise organically grown foods, for instance, have not had an easy time. They have to contend with mass produced, low quality products which sell because consumer advertising camouflages the worst and projects the unessential to trap buyers. "Vitamin-enriched," for instance, masks the other unnecessary chemicals that might have gone into the production of that particular product.

One hopes that the immensity of this crisis will force people to look more closely at their lifestyle and, in particular, the quality of the food they consume. How many of us who buy Bangalore Blue grapes in this country, for instance, feel offended at the layer of white pesticide on them that refuses to go even after an hour's soaking in water? We still buy and consume such fruit - many don't even wash it thoroughly - and are puzzled when we get unaccounted for upset stomachs.

In many countries, small groups of committed farmers and people who have chosen alternative lifestyles have been practising organic farming, i.e., cultivation without using fertilizer or pesticides and have achieved small successes. But their efforts remain isolated and fail to make an impact on the market. The small size of their endeavors also necessarily means that many of their products are more expensive than those produced

by large companies that can pass on to the consumer the benefits of economies of scale.

The current trend of destructive development in many countries, including those that are desperately poor, and the lessons that people in the rich countries are being forced to earn as a result of incidents like the beef crisis, have encouraged the alternative sector. Recently, several groups from all over Asia met in Palakkad, Kerala, to find ways to integrate alternative development efforts.

The workshop, organised jointly by two groups in Japan and Hong Kong and the Kerala Sastra Sahitya Parishad (KSSP), brought together a diverse collection of individuals. But despite their varying efforts, certain common threads emerged from their experiences. The groups came from Japan, Korea, China, Hong Kong, Indonesia, Malaysia, Thailand, Sri Lanka, Bangaladesh and India. Most of them practised organic farming.

The experiences of the group from Japan were particularly interesting. The interest in organic farming in that country is the direct outcome of agricultural policies that have adversely affected farmers. According to these farmers, the destruction of Japanese agriculture coincided with the rapid pace of the country's economic growth. Environment and nature were sacrificed at the altar of growth. The Japanese model was subsequently imitated by the Asian Tigers.

Industrialisation also meant a demand that agriculture become more efficient. Thus larger holdings, mechanisation and high-productivity took precedence over conserving the health of the soil, for instance, or producing food that was not over-loaded with chemicals. It was inevitable that, at some stage, both farmers and consumers would begin questioning the direction of such development. In Japan, such questioning led to the revival of organic farming and a consumer movement that supported it. The "Sanchoku" movements undertook direct distribution of organically grown products to urban consumers.

The lesson from this experience was the necessity of such a tie-up between organic farmers and consumers. For, on their own, individual organic farmers, or even their collectives, would not be able to survive in the market place. In some places, organic farmers realised that they had to devise ways of surviving at times when either they had no produce to sell, or when there was no demand in the market. In many parts of Japan, the ground is frozen over in the winter. During these months, one such collective worked out a way of processing their produce and a system to market the products. This guaranteed them an income even during the bleak winter months and obviated the need for farmers to migrate to cities looking for work during this season.

Equally interesting is the experience of farmers in South Korea who objected to the import of wheat which adversely affected local wheat production. Rather than just fighting against it, they launched a "wheat revival movement," a combination of a political and nationalist movement that emphasised the importance of food security (and therefore the need to reduce the dependence on food imports) and of agriculture for maintaining an ecological balance.

According to Mr. Chung Sung Heon, "Our wheat revival movement has empowered farmers who were set aside during the exportoriented industrialisation process and thought themselves forgotten both by the government and the social movement focussing on factory workers' initiatives specially after the Uruguay Round and the World Trade Organisation (WTO) which permitted the import of cheap foreign agricultural products import and left no survival space for farmers in the domestic market."

What is particularly interesting about the Korean effort is the fact that the farmers organising the wheat revival recognised the importance of finding ways to market their products. First, rather than selling raw wheat, they sold value-added products in the form of flour, noodles and bread through shops set-up by farmers' associations. When they realised that they would have difficulty breaking into the mass distribution networks controlled by the supermarkets, where the percentage of commission demanded would make their products unprofitable, they decided to open up a chain of restaurants where items made from the wheat cultivated by korean farmers would be sold.

The wheat revival movement in Korea actually succeeded in selling the Korean consumer the view that if they bought locally grown organic wheat, not only were they contributing to the Korean economy but also the country's ecology. Today the movement has moved on to provide many other alternatives including

alternative medicine and ecologically sounder ways of power generation such as windmills.

A common problem many organic farmers in these countries face is that the initial inputs in choosing this method of farming were expensive. How can a middle-level farmer survive during the years when his inputs are heavy but the yields not very high? One way, of course, is to encourage governments to provide some kind of subsidy. But at a time when most governments appear to be wedded to the idea of allowing the market to control the economy and are actively against any kind of subsidies, other ways have to be found.

In many countries, such as Sri Lanka, farmers have been persuaded to turn only a small part of their farmland over to the organic method and gradually phase out the use of chemicals in the rest of their land. In this way, they do not face a sudden fall in income and escalation of costs.

Although profits and productivity are not the prime consideration for those who have chosen a different path, they clearly cannot remain indifferent to them. What was refreshing in Palakkad was the openness with which all aspects, including the negative ones, of this approach to agriculture were discussed. The participants did not look upon organic farming as a religion or fetish but were open to experimenting with ways the would help mainstream their work without diluting the essence.

Indeed, it is this approach that has resulted in the successes of the Japanese and South Korean movements. These could be replicated in other countries. There is clearly a need to build a demand for organically grown products but at the same time find ways to keep the prices of these products competitive. If the marketing is handled by consumer groups who have the best interests of the farmers and the consumers at heart, then such a breakthrough is possible.

Events like the beef crisis open a door for people who have a different view of dominant consumption patterns. Unless people ask questions, and demand a higher quality, they will end up literally eating garbage.. And ultimately, like the unfortunate people in U.K., they too will succumb to some strange disease that will be traced back to a warped and unhealthy food chain.

Holy cow! Who wanted the mad ones anyway?

By importing the fittest among the diseased cattle, which may run into thousands, India too will be turning its farms into killing fields

By suggesting to import the diseased cattle awaiting slaughter in Britain, former minister of state for environment and forests, Meneka Gandhi, appears keen to turn India into a huge gowshala (cattleshed) for the sick, diseased and dying cattle of the world.

The public health crisis that results from the links between the mad cow disease and Creutzfeldt-Jakob Disease (CJD) in humans has repurcussios and implications not only for Britain or Europe, but also for India's cattle and human population. A fact that Maneka Gandhi in her politically correct sympathy for the diseased animals or Britain, seems to have forgotten all together.

By importing the fittest among the diseased cattle (and that may run into several hundred thousands), India too will be turning its farms into killing fields.

The grim pictures of thousands of carcasses being burned in Britain every week, is certainly disturbing. The animals being culled and incinerated are not healthy but carriers of the dreaded madcow disease - bovine spongiform encephalopathy (BSE) (though not all cattle put the flames are infected).

The infected cows usually start foaming at the mouth and become edgy, unable to control their movements. Scientific research indicates that the brain of a diseased cow develops holes, like a sponge.

It is also suspected that the disease could be transmitted to humans through milk and dairy products from the affected cattle, since the culprit virus is able to cross natural genetic boundaries. To import such cows, (even if Britain pays for the transportation costs, which probably it will be too keen to pay), would spell disaster for the nation's economy and health.

Justifying the import of cattle to spruce up the village economy is like defending the import of cow ung for manuring the nutrient-deficient soils. For a country which has the largest number of cattle in the /orld, desperately competing with the human population for the limited land and fodder resources, any uantum jump in the number of farm animals is going to be suicidal.

The declining number of cattle per head which Gandhi quotes, based on inconclusive statistics produced y the ministry of environment and forests, is not an indicator of a ground realities.

India's population growth rate has outstripped the cattle population. Growing at a geometric pace, uman population is multiplying at a rate with which the cattle, much of it being unproductive and also low n fertility, have not been able to keep pace.

The basic problem which the rural economy is confronted with today is not the declining human-attle ratio, but the ever growing number of unproductive cattle, which eventually find solace on the city oads.

India is at present the second largest producer of milk in the world. The country is hoping to emerge on he top of the chart by the beginning of the next century. Such as impressive feat could not have been achieved if the cattle wealth in India was on a steady decline. And with milk already being surplus, if one is o believe the government's statistics, will not be import of large number of dairy cows further depress the prices that the producers gets and there by do more damage to the rural economy?

In any case, if the past experience is any indication, the exotic breeds that are being culled out cannot survive in the harsh Indian climatic conditions. It was primarily for this reason that Indian dairy scientists had discarded the policy of importing pure bred high milk cattle like jersey and Holstein-Friesen and instead shifted the focus to crossbreeds. The Intensive Cattle Development Programme (ICDP), which in turn resulted in the disappearance of some of the well-known Indian cattle breeds, was based on improving the milk yields through crossbreeding with the high milk producers of the West.

If at all India decides to follow Gandhi's unscientific and unrealistic suggestion of importing the British cattle, the country will remain preoccupied for quite some time in counting the number of dead animals who failed to survive in an alien environment.

Whether Maneka Gandhi is merely paying to the gallery, or trying to emerge as the champion of animal rights worldwide, is a debatable issue. But, whatever the reasons may be, it definitely a shortsighted view fraught with unforeseen dangers.

Farming today is fast turning into a industry at the cutting edge of technological intervention in natural processes. Feeding blood to dairy cattle in Tamil Nadu is merely a symptom of the growing tendency to privatise environmental risk by transferring responsibility to the market.

Gandhi would do well to focus her energies on restoring respect for nature aiming to minimise or avoid such incalculable but catastrophic risks.

Unfortunately, whether it is the diseased cattle, contaminated cow dung or the export of trash and toxic wastes - and for that matter even obsolete and environment-unfriendly technology- India is fast emerging as a safe haven.

As a nation we believe that the country's growth is possible by recycling the trash that the developed countries generate or by domesticating even the diseased cattle in the name of sustainable development.

The philosophy behind such economic opinions fail to grasp the warning against human hubris - which the breakout of ecological disasters like mad cow disease amply manifests.

Fatty acid composition and cholesterol content of animal foods

(Values vary depending on the dietary regimen of the animal)

Item	Fat g/100 g	Saturated fatty acid g/100g	cholesteral mg/100g
Cow milk	4	2	14

Buffalo milk		8	4	16
Butter	80	50	250	
Ghee	100	65	300	
Cheese	25	15	100	
Whole egg	11	4	400	
Egg yolk	30	9	1120	
Chicken skin	4	1	60	
Mutton	13	7	65	
Pork	35	13	90	
Beef	16	8	70	
Prawns/Shrimps		2	0.3	150
Lean fish	1.5	0.4	4.5	
Fatty fish	6	2.5	45	

Miracle-seekers flock to special cows

People from all over Cambodia are flocking to this small southern village convinced that two of its residents can save the dying and make the blind see again.

All it takes, believers say, is a lick by one of the two pampered miracle-workers, who don't do manual work, and spend most of every day lounging around on hand-fed grass and herbs.

Their curative powers are considered so effective that if the cows don't feel like licking, people will take what they can get.

Holding up two small plastic bags, one filled with urine and the other with soft green dung, Hem Nan says she will drink and eat the cow specimens- for which she paid 70 cents.

"It's good for anything, aching muscles, headaches, fatigue," said 40-year-old woman who travelled 185 km for her special medicine.

Heng Pros, a 25-year-old blind man, has been with the cows for two weeks. He believes that putting dung in his eyes may help eventually restore his sight.

It was only by luck that the two lame cows, whose fame developed over the past two months, escaped slaughter.

The farmer who sold the cows to a butcher had a dream that the pair were actually characters of Cambodian legend, Preak Ko and Preah Keo. Fortunately, he was able to buy the cows back. Upon their return, Preah Ko licked the leg of a lame man, reportedly healing him, and then cured a danger-ously malnourished woman by drinking from the family cistern.

The news quickly spread until it reached the ears of Second Prime Minister Hun Sen, who said that he did not believe in the cows' healing powers. But the faithful have no patience with scepticism. News of the cows' powers has brought brisk business to the small and otherwise unremarkable village. Drink shops have sprung up and vendors hawk bundles of grass and herbs. AP.